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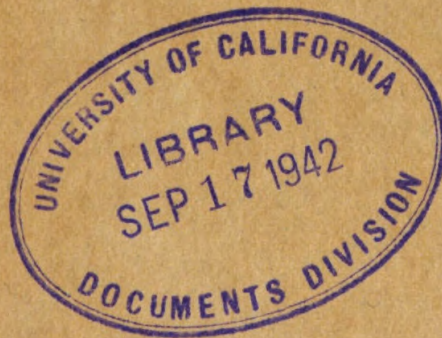
U.S. Dept. of Army

WAR DEPARTMENT

TECHNICAL MANUAL

SPORTS AND GAMES

May 13, 1942



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FOREWORD

In this manual, only basic rules and fundamentals of the various sports are offered. It is designed as a guide for unit athletic officers in initiating and maintaining athletic programs. Umpire and referee instructions are not included. It is suggested that all such officials obtain and study unabridged rule books which are available in all camp libraries.

In the preparation of this manual the Citizens' Committee for the Army and Navy, Inc., has rendered valuable assistance by furnishing clerical and consultant aid.

The War Department acknowledges its appreciation to the National Collegiate Athletic Association and A. S. Barnes and Company, publishers, for permission to reprint abridged rules of various sports; and to the Amateur Athletic Union and the major baseball leagues for similar permission.

(I)

SPORTS AND GAMES

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CHAPTER 1

ARCHERY

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SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES

Rounds.—Three arrows are usually shot by each archer in turn, then three more, the six constituting an end. A certain number of ends complete a given range, while two or three ranges form a round. At most public meetings double rounds are shot. The several rounds in use in the United States are—

The York round.

72 arrows at 100 yards.

48 arrows at 80 yards.

24 arrows at 60 yards.

It is at the double York round that the long-range championship is decided in the national and the several minor associations.

The American round.

30 arrows at 60 yards.

30 arrows at 50 yards.

30 arrows at 40 yards.

At the double American round the short-range championships are contested.

The gentlemen's interclub team contests consist of 96 arrows at 60 yards, divided into four 24's for purpose of scoring.

SECTION II

FUNDAMENTALS OF PLAY

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1. **General description.**—Archery consists of shooting a specified number of arrows at a target with a bow, the distances to the target

varying, points being scored by arrows hitting the concentric circle scoring areas of the target.

2. Stringing bow.—The handle of the bow is grasped in the left hand with the back of the bow facing the body; the lower end is placed against the inside of the arch of the left foot with the tip not touching the ground; the upper part of the bow near the end is depressed by placing the heel of the right hand against it and pressing down while at the same time pulling with the left; the top

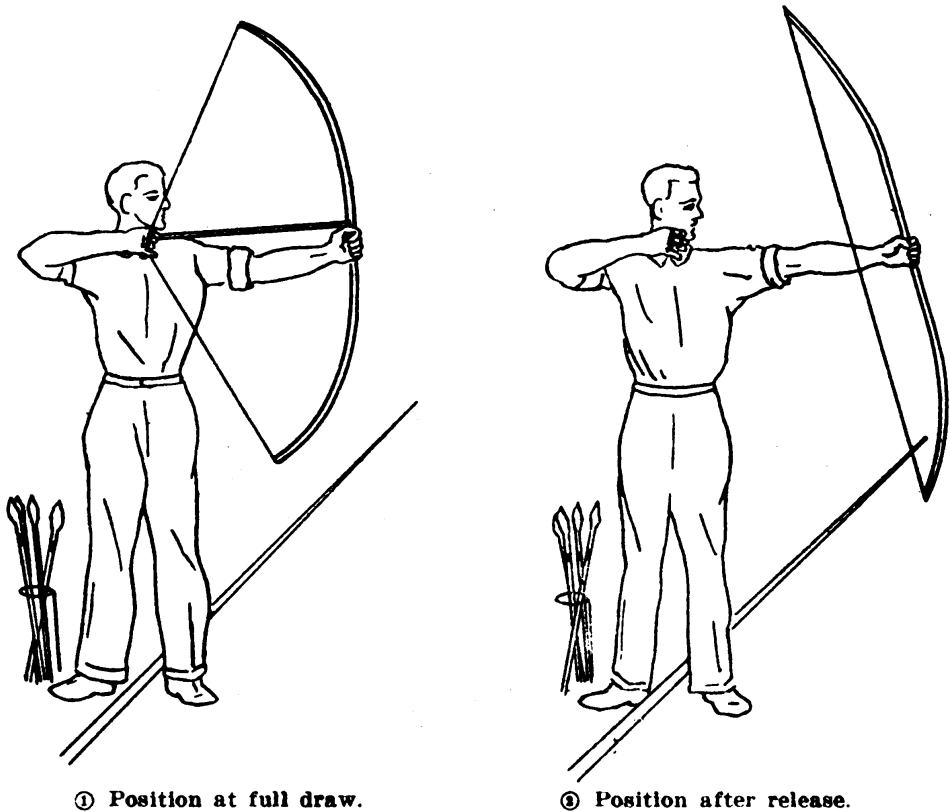


FIGURE 1.

loop of the string is then slipped into place in the nock or notch near the end of the bow with the index finger and thumb of the right hand.

3. Position before draw.—To draw the bow the archer assumes a stance with his feet spread comfortably and his body facing at a right angle to the target; his bow hand, which is usually the left, holds the bow with the thumb and fingers slightly encircling the bow at the arrow plate, with the wrist relaxed and the inside of the bow pressing against the palm just inside the base of the thumb; his string hand holds the string with his first, second, and third fingers, the string resting along the line of the first joints, with the back of the wrist and hand straight and a tab or piece of leather worn

on the fingers to protect them; he nocks or fits the arrow to the string by picking up the arrow with the thumb and forefinger holding it at the nock or notch, laying it across the bow (which is held in a horizontal position) at the arrow plate, sliding the nock forward to the string where the forefinger is momentarily released to allow the string to rest inside the circle of the thumb and forefinger, the nock then being slipped onto the string with the thumb pressed against the arrow to hold it in place until the first three fingers can be hooked on the string with the arrow resting between the first and second fingers.

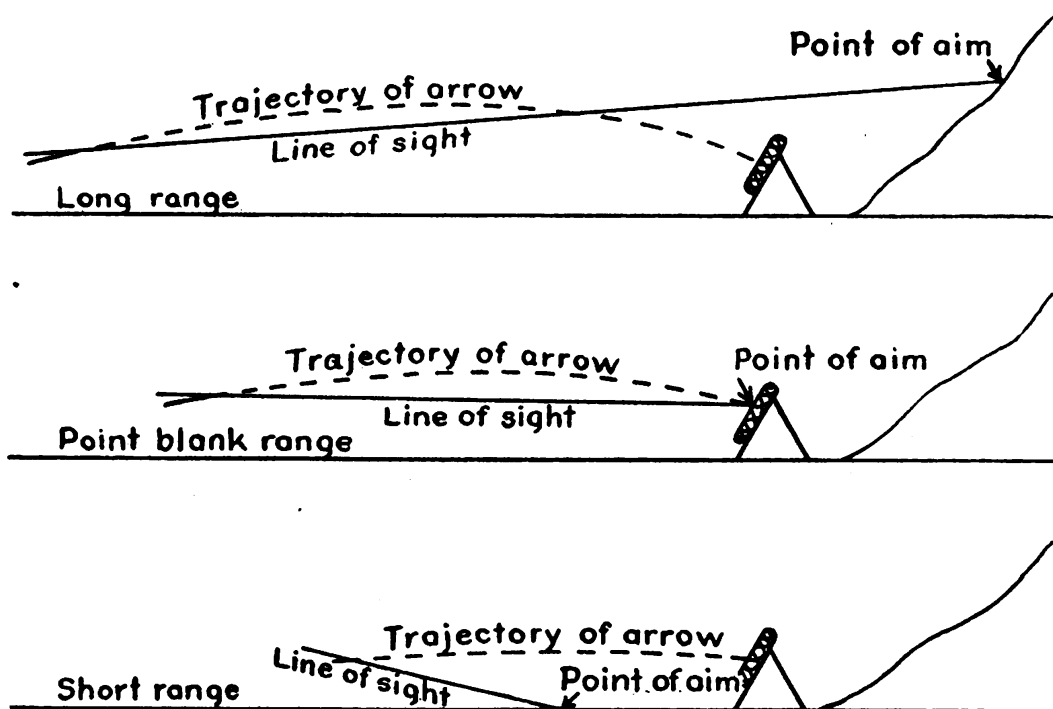


FIGURE 2.—Theory of point of aim.

4. Full draw.—The bow arm is raised to shoulder height at full draw, with the elbow slightly bent and pointed downward; the bow hand is placed as previously mentioned and the arrow rests on the knuckle of the hand just to the left of the bow; the string hand holds the string as previously mentioned, drawing it back until the string touches the center of the chin and the tip of the nose, with the first finger underneath the chin and against the bottom of the jawbone, and the elbow shoulder high with the elbow and forearm in line with the arrow. The outward pressure with the left arm and the pull with the right arm should occur simultaneously so that both hands will come to the position of full draw at the same time.

5. Aiming.—By aiming directly at a target there is only one distance at which an archer can hit a target with a selected bow and

SPORTS AND GAMES

arrow. As shooting distances vary in archery tournaments, another method of aiming must be used. The point of aim method consists merely in aiming at an object above the target if the range is too long, or aiming at an object below the target if the range is too short. This object or point of aim, once it is established as the correct aiming point for hitting the target, should appear to the eye of the archer to be resting directly on top of the point of the arrow when he aims. The head is turned at a left angle to the body.

6. Releasing.—The string fingers are relaxed when the aim is complete and the string is thus released, but the muscles of both arms and shoulders should continue their pulling and pushing until the arrow has completely left the bow.

CHAPTER 2

BADMINTON

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-4

SECTION I

ABRIDGED RULES

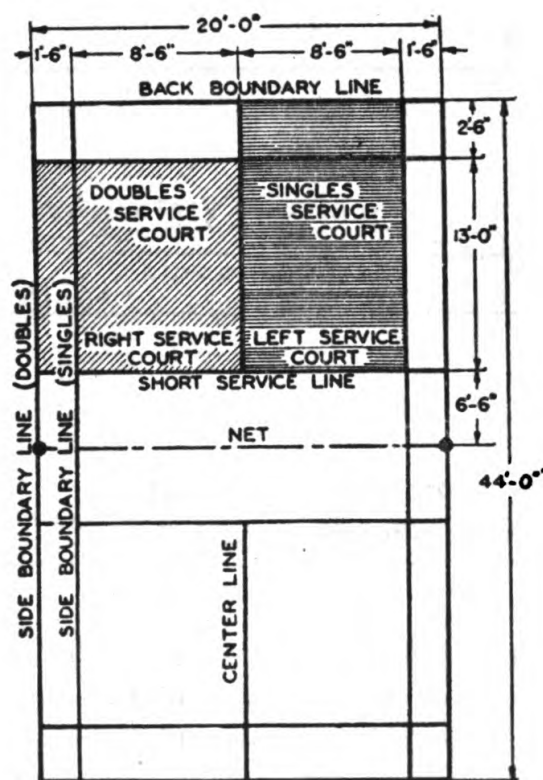


FIGURE 3.—Badminton court.

5. Players.—*a.* The word "player" applies to all those taking part in a game.

b. The game shall be played, in the case of the doubles game, by two players a side, and in the case of the singles game, by one player a side.

c. The side for the time being having the right to serve shall be called the "in" side, and the opposing side shall be called the "out" side.

SPORTS AND GAMES

6. Toss.—Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of—

- a. Serving first; or
- b. Not serving first;
- c. Choosing ends.

The side losing the toss shall then have choice of any alternative remaining.

7. Scoring.—a. The doubles and men's singles game consists of 15 or 21 points, as may be arranged. Provided that in a game of 15 points, when the score is 13 all, the side which first reached 13 has the option of "setting" the game to 5, and that when the score is 14 all, the side which first reached 14 has the option of "setting" the game to 3. After a game has been "set" the score is called "love all," and the side which first scores 5 or 3 points, according as the game has been "set" at 13 or 14 all, wins the game. In either case the claim to "set" the game must be made before the next service is delivered after the score has reached 13 all or 14 all. Provided also that in a game of 21 points the same method of scoring be adopted, substituting 19 and 20 for 13 and 14.

b. A side rejecting the option of "setting" at the first opportunity shall not be thereby debarred from "setting" if a second opportunity arises.

c. In handicap games "setting" is not permitted.

8. The opposing sides shall contest the best of 3 games, unless otherwise agreed. The players shall change ends at the commencement of the second game and also of the third game (if any). In the third game the players shall change ends when the leading score reaches—

- a. 8 in a game of 15 points.
- b. 6 in a game of 11 points.
- c. 11 in a game of 21 points.

or, in handicap events, when one of the sides has scored half the total number of points required to win the game (the next highest number being taken in case of fractions). When it has been agreed to play only one game the players shall change ends as provided above for the third game.

If, inadvertently, the players omit to change ends as provided in this law at the score indicated, the ends shall be changed immediately the mistake is discovered, and the existing score shall stand.

9. Doubles play.—a. It having been decided which side is to have the first service, the player in the right-hand service-court of that side commences the game by serving to the player in the service-court

diagonally opposite. If the latter player returns the shuttle before it touches the ground, it is to be returned by one of the "in" side, and then returned by one of the "out" side, and so on, till a fault is made or the shuttle ceases to be "in play" (see *b* below). If a fault is made by the "in" side, the servers' hand is out, and as the side beginning a game has only one hand in its first innings (see law 11), the player of the opposing side in the right-hand service-court now becomes the server; but if the service is not returned, or the fault is made by the "out" side, the "in" side scores a point. The "in" side players then change from one service-court to the other, the service now being from the left-hand service-court to the player in the service-court diagonally opposite. So long as a side remains "in," service is delivered alternately from each service-court into the one diagonally opposite, the change being made by the "in" side when, and only when, a point is added to its score.

b. The first service of a side in each inning shall be made from the right-hand service-court. A "service" is delivered as soon as the shuttle is struck by the server's racket. The shuttle is thereafter "in play" until it touches the ground, or until a fault or "let" occurs. After the service is delivered, the server and the player served to may take up any positions they choose on their side of the net, irrespective of any boundary lines.

10. The player served to may alone receive the service, but should the shuttle touch, or be struck by, his partner the "in" side scores a point. No player may receive two consecutive services in the same game.

11. The side beginning a game has only one hand in its first innings. In all subsequent innings each partner on each side has a hand, the partners serving consecutively. The side winning a game shall always serve first in the next game, but either of the winners may serve and either of the losers may receive the service.

12. If a player serves out of turn, or from the wrong service-court (owing to a mistake as to the service-court from which service is at the time being in order), and his side wins the rally, it shall be a "let," provided that such "let" be claimed or allowed before the next succeeding service is delivered.

If a player standing in the wrong service-court takes the service, and his side wins the rally, it shall be a "let," provided that such "let" be claimed or allowed before the next succeeding service is delivered.

Should a player inadvertently change sides when he should not do so, and the mistake not be discovered until after the next succeeding service has been delivered, the mistake shall stand, and a "let" cannot be claimed or allowed.

13. Singles play.—In singles laws 9 to 12 hold good except that—

a. The players shall serve from and receive service in their respective right-hand service-courts only when the servers score is 0, or when he has scored an even number of points in the game, the service being delivered from and received in their respective left-hand service-courts when the server has scored an odd number of points.

b. Both players shall change service-courts after each point has been scored.

14. Faults.—A fault made by a player of the side which is “in,” puts the server out; if made by a player whose side is “out,” it counts a point to the “in” side.

It is a fault—

a. If in serving, the shuttle at the instant of being struck be higher than the server’s waist, or if any part of the head of the racket, at the instant of striking the shuttle, be higher than any part of the server’s hand holding the racket.

b. If, in serving, the shuttle falls into the wrong service-court (i. e., into the one not diagonally opposite to the server), or falls short of the short service line, or beyond the long service line, or outside the side boundary lines of the service-court into which service is in order.

c. If the server’s feet are not in the service-court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service-court diagonally opposite until the service is delivered. (See law 16.)

d. If before or during the delivery of the service any player makes preliminary feints or otherwise intentionally balks his opponent.

e. If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player. (A shuttle falling on a line shall be deemed to have fallen in the court or service-court of which such line is a boundary.)

f. If the shuttle “in play” be struck before it crosses to the striker’s side of the net. (The striker may, however, follow the shuttle over the net with his racket in the course of his stroke.)

g. If, when the shuttle is “in play,” a player touches the net or its supports with racket, person, or dress.

h. If the shuttle be hit twice in succession by the same player, or be hit by a player and his partner successively, or if the shuttle be not distinctly hit.

i. If in play a player strikes the shuttle (unless he thereby makes a good return), or is struck by it, whether he is standing within or outside the boundaries of the court.

j. If a player obstructs an opponent.

k. If law 16 be transgressed.

15. **General.**—The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service be attempted.

16. The server and the player served to must stand within the limits of their respective service-courts (as bounded by the short and long service, the central, and side lines), and some part of both feet of these players must remain in contact with the ground in a stationary position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service court. (See law 14c.) The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent.

17. If, in service, the shuttle touches the net it is a “let,” provided the service be otherwise good. If in the course of a rally the shuttle touches and passes over the net it does not invalidate the stroke. It is a good return if the shuttle having passed outside either post drops on or within the boundary lines of the opposite court. A “let” may be given by the umpire for any unforeseen or accidental hindrance.

If, in service, the shuttle strikes the top of the net, and is then struck or touched by the player served to, it is assumed that the shuttle would have fallen into the proper service-court, and it is a “let.”

If, in service, or during a rally, a shuttle, after passing over the net, is caught in or on the net, it is a “let.” When a “let” occurs, the play since the last service shall not count and the player who served shall serve again.

18. If the server, in attempting to serve, misses the shuttle, it is not a fault; but if the shuttle be touched by the racket, a service is thereby delivered.

19. If, when in play, the shuttle strikes the net and remains suspended there, or strikes the net and falls toward the ground on the striker's side of the net, or hits the ground outside the court and an opponent then touches the net or shuttle with his racket or person, there is no penalty, as the shuttle is not *then* in play.

20. If a player has a chance of striking the shuttle in a downward direction when quite near the net, his opponent must not put up his

racket near the net on the chance of the shuttle rebounding from it. This is obstruction within the meaning of law 14j.

A player may, however, hold up his racket to protect his face from being hit if he does not thereby balk his opponent.

21. It shall be the duty of the umpire to call "fault" or "let" should either occur, without appeal being made by the players, and to give his decision on any appeal regarding a point in dispute, if made before the next service; and also to appoint linesmen at his discretion. An umpire's decision shall be final, but he shall uphold the decision of a linesman. Where, however, a referee is appointed, an appeal shall lie to him from the decision of an umpire on question of law only.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Grip of racket.....	2
Strokes.....	3
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1. **General description.**—Badminton is similar to tennis in that two players (in singles) or four players (in doubles) stand on opposite sides of a net placed in the middle of a court and use rackets to propel a feathered cork object called a shuttlecock (bird) from one side of the court over the net to the other side, it being necessary to strike the object before it hits the ground.

2. **Grip of racket.**—For the forehand stroke the handle of the racket is held as if the player were shaking hands with the racket, the playing surface being held perpendicular to the floor. For the backhand stroke the same grip is used, except that some players give the racket about a one-eighth turn to the left and place the thumb at the back of the handle.

3. **Strokes.**—Unlike in tennis, the wrist is kept flexible in all badminton strokes, and a whipping motion is frequently used. All strokes can be used in forehand or backhand shots. The lob (clear) stroke is used to place the shuttle high over the head of the opponent and into the back of the opponent's court by using a high trajectory; the drop is a horizontal stroke in which the bird just clears the top of the net and immediately falls; the drive is a hard, horizontal stroke used to send the shuttle in a straight, swift line, just clearing the net, into an unoccupied section of the opponent's court; the smash is a hard, downward stroke, with the arm fully extended and the

racket at its highest point, which sends the shuttle in a swift downward line at an acute angle, and is the chief offensive stroke.

4. Serving.—In serving the handle must be higher than the head of the racket, and the head no higher than the waist when the bird is struck; consequently only a forehand serve is used, and the amount of wrist snap determines the type of serve. To serve, the shuttle or bird is held in the left hand by the feathers and dropped toward the face of the racket which is being brought upward and forward at the same time. For a short serve (low drop) the shuttle is just tapped over the net with little wrist movement; for a high serve (lob) the shuttle is struck sharply and upward with a pronounced wrist snap; for a drive serve the shuttle is struck sharply and with a pronounced wrist snap, but more forward than upward.

CHAPTER 3

BASEBALL

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-10

SECTION I

ABRIDGED RULES

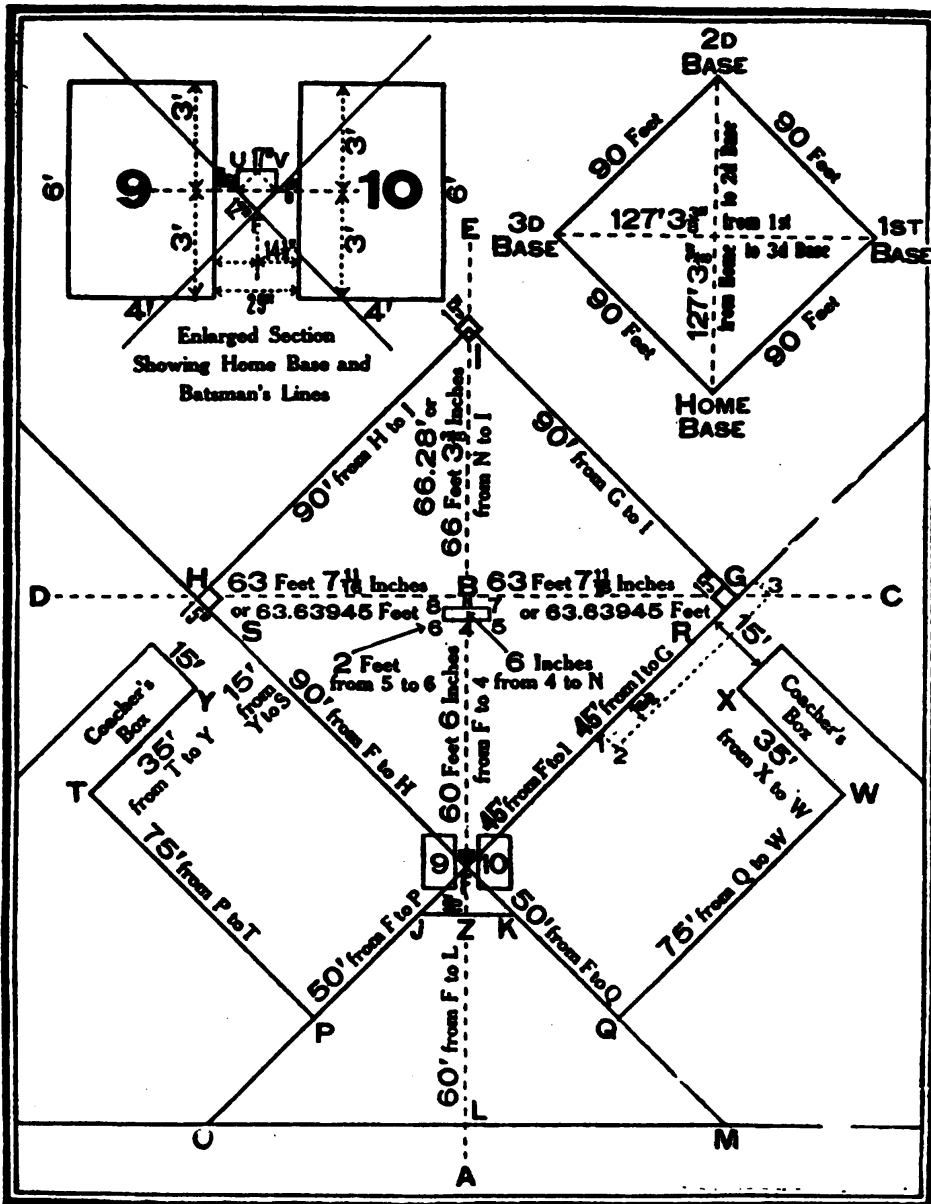
Rule 23. A regulation game.—SECTION 1. It is a regulation game if the team second at bat scores more runs in eight innings than the team first at bat has scored in nine innings.

SEC. 2. It is a regulation game if the team last at bat in the ninth inning scores the winning run before the third man is out. If a batsman in the last half of the final inning of any game hits a home run over the fence or into a stand, all runners on bases at the time, as well as the batsman, shall be entitled to score, but to score legally all bases must be touched in order by all runners. The final score of such game shall be the total number of runs made by each team.

SEC. 3. It is a regulation game if it be called by the umpire on account of darkness, rain, or other cause which in the umpire's judgment interferes with further play, provided five or more equal innings have been played; or if the team second at bat shall have made more runs at the end of its fourth inning, or before the completion of its fifth inning, than the team first at bat has made in five completed innings.

SEC. 4. If the score be a tie at the end of nine innings for each team, play shall be continued until one team has scored more runs than the other in an equal number of innings; provided, that if the team last at bat scores the winning run before the third man is out in any inning after the ninth, the game shall terminate and be a regulation game.

SEC. 5. A regulation drawn game shall be declared by the umpire if the score is equal on the last even inning played, when he terminates play in accordance with section 3 of this rule after each team has played five or more equal innings. If the team that went second to bat is at bat when the game is terminated, and has scored in the incomplete inning the same number of runs as the other team, the umpire shall declare the game drawn without regard to the score of the last



Diamond or infield.—From a point, A, within the grounds, project a point, B, 124 feet from point A; lay off lines BC and BD at right angles to the line AB; then, with B as a center and 63.63945 feet as a radius, describe arcs cutting the lines BA at F and BC at G, BD at H and BE at I. Draw lines FG, GI, IH, and HF, each 90 feet in length, which said lines shall be the containing lines of the diamond or infield.

FIGURE 4.—Official measurements for laying out baseball field.

equal inning. If the team last at bat shall, before the completion of its fifth inning, equal the score made by the opposing team in five complete innings, the game shall be declared legally drawn, and all individual and team averages shall be incorporated in the official playing records.

SEC. 6. It shall be a regulation game if at any time after five innings have been completed, the umpire shall call it in accordance with section 3 of this rule, and the score shall be that of the last equal innings played; except that if the team second at bat shall have scored in an unequal number of innings more runs than the team first at bat, or if the team second at bat is at bat when the game is called, and has scored in the incompleting inning the same number of runs, or at least one run more, than the team first at bat, the score of the game shall be the total number of runs that each team has made.

SEC. 7. Whenever two games are scheduled to be played in one afternoon, the first game shall be the regularly appointed game for that day. If games are scheduled for morning and afternoon, and it is agreed to play both games in the afternoon, the first game shall be that which was originally scheduled to be played in the afternoon. No club or clubs shall engage in more than two championship games within a period of 1 day.

SEC. 8. No inning of any night game shall be started after 11:50 p. m. standard time. The foregoing sections of this rule shall be subject to this provision.

Rule 27. Delivery of the ball to the bat.—**SECTION 1.** Preliminary to pitching, the pitcher shall take his position facing the batsman with his pivot foot always on or in front of and in contact with the pitcher's plate. In the act of delivering the ball to the batsman, the pitcher's other foot is free, except that he cannot step to either side of the pitcher's plate. He shall not raise either foot until in the act of delivering the ball to the batsman, or in throwing to a base. With a runner on first or second base, the pitcher must face the batsman with both hands holding the ball in front of him. If he raises his arms above his head or out in front, he must return to a natural pitcher's position and stop before starting his delivery of the ball to the batsman.

NOTE.—After pitcher takes legal position for delivery of ball to batsman, he may take one step backward and one step forward, but not to either side.

SEC. 2. At no time during the progress of the game shall the pitcher be allowed to (1) apply a foreign substance of any kind to the ball; (2) expectorate either on the ball or his glove; (3) rub the ball on his glove, person or clothing; (4) deface the ball in any manner;

or to deliver what is called the "shine" ball, "spit" ball, "mud" ball or "emery" ball. For violation of any part of this rule the umpire shall at once order the pitcher from the game, and in addition he shall be automatically suspended for a period of 10 days on notice from the president of the league. Provided that, under the supervision and control of the umpire, the pitcher may use to dry his hands a small, finely meshed sealed bag containing powdered rosin, furnished by the league.

Rule 28. A fairly delivered ball.—SECTION 1. A fairly delivered ball is a ball pitched or thrown to the bat by the pitcher while standing in his position and facing the batsman that passes over any portion of the home base, before touching the ground, not lower than the batsman's knees, nor higher than his shoulder. For every such fairly delivered ball the umpire shall call one strike.

SEC. 2. If, with no one on base, the pitcher deliver the ball while off the pitcher's plate, and the batsman strike at such illegally delivered ball, it counts either as a strike or whatever play may follow.

Rule 31. Balks.—A balk entitling the base-runner, or runners, to advance one base shall be called by the umpire as follows:

SECTION 1. Any motion made by the pitcher while in position to deliver the ball to the bat without delivering it, or to throw to first base when occupied by a base-runner without completing the throw.

SEC. 2. Throwing the ball by the pitcher to any base to catch the base-runner without first stepping directly toward such base in the act of making such throw; or throwing or feinting to throw to an unoccupied base.

SEC. 3. Any delivery of the ball to the bat by the pitcher while the pivot foot is back of or not in contact with the pitcher's plate.

SEC. 4. Any delivery of the ball to the bat by the pitcher while he is not facing the batsman.

SEC. 5. Any motion in delivering the ball to the bat by the pitcher while not in the position defined by rule 27, section 1.

SEC. 6. Holding of the ball by the pitcher so long as, in the opinion of the umpire, to delay the game unnecessarily.

SEC. 7. Making any motion to pitch while standing in his position without having the ball in his possession; or, regardless of whether he makes any motion to pitch or not, if the pitcher takes a legal position on the pitcher's plate without the ball in his possession, or if he takes a position off the pitcher's plate and feints to deliver the ball to the bat.

SEC. 8. Making any motion of the arm, shoulder, hip, knee, foot or body the pitcher habitually makes in his method of delivery, without immediately delivering the ball to the bat.

SEC. 9. After the pitcher has taken position, with both hands holding the ball in front of him, he cannot take either hand off the ball except in the act of delivering the ball to the batsman or in throwing to bases.

SEC. 10. If the pitcher steps off the pitcher's plate, after being in position, for the purpose either of drying his hands or rubbing his eyes, or for other reasons, and it is a legitimate action not understood or interpreted by the umpire as intended to deceive a base-runner, then the umpire shall call "time."

SEC. 11. If the pitcher, in the act of delivering the ball to the batsman or in throwing to first base, drop the ball, either intentionally or accidentally.

NORM.—With no one on bases, it is not a balk if the pitcher drops the ball while delivering it to the batsman.

SEC. 12. In case a "balk" is called, the ball shall be considered "dead" when announcement is made, and no play can be made until the runner or runners reach the base or bases to which they are entitled.

Rule 42. Strikes.—A strike is—

SECTION 1. A pitched ball struck at by the batsman without its touching his bat.

SEC. 2. A fair ball legally delivered by the pitcher at which the batsman does not strike.

SEC. 3. A foul hit ball not caught on the fly unless the batsman has two strikes.

SEC. 4. An attempt to bunt which results in a foul not legally caught.

Rule 47. Entitled to bases.—The base-runner shall be entitled, without liability to be put out, to advance one base, except where more are specified, in the following cases:

SECTION 1. If, while the batsman, he becomes a base-runner by reason of "four balls," or for being hit by a pitched ball, or for being interfered with by the catcher in striking at a pitched ball, or if a fair hit ball strike the person or clothing of the umpire or a base-runner on fair ground before touching a fielder. Provided that if a fair hit ball strike the umpire after having passed a fielder other than the pitcher, or having been touched by a fielder (including the pitcher), the ball shall be considered in play. Also, if a fair hit ball strike the umpire on foul ground, the ball shall be in play.

SEC. 2. If the umpire awards to a succeeding batsman a base on four balls, or for being hit by a pitched ball, or being interfered with by the catcher in striking at a pitched ball and the base-runner be thereby forced to vacate the base held by him.

SEC. 3. If the umpire call a "balk."

SEC. 4. If he be prevented from making a base by the obstruction of a fielder (including catcher), except when a fielder is trying to field a batted ball unless the latter has the ball in his hand ready to touch the base-runner. The ball is still in play so far as other base-runners are concerned.

SEC. 5. If the fielder stop or catch a batted ball or a thrown ball with his hat, cap, glove or any part of his uniform, while detached from its proper place on his person, the runner or runners shall be entitled to three bases if a batted ball or to two bases if a thrown ball, and in either case the runner may advance further at his own risk.

SEC. 6. If a thrown or pitched ball strike the person or clothing of an umpire the ball shall be considered in play and the base-runner or runners shall be entitled to all the bases they can make.

SEC. 7. If a thrown ball strike a coacher on foul ground the ball shall be considered in play. Provided, that if in the opinion of the umpire the coacher intentionally interfere with such thrown ball, the runner or runners must return to the last bases touched, and the coacher be penalized by removal from the playing field.

SEC. 8. If the catcher interferes with the batsman while a base-runner is attempting to steal a base, the base-runner shall be permitted to advance to that base.

SEC. 9. In event a base-runner is trying to score from third base on a pitched ball or the "squeeze" play, a "balk" and also an "interference" shall be called if the catcher runs out in front of the plate to catch the ball; and the runner shall be allowed to score and the batsman be entitled to first base. In such event the same penalties must be imposed in case the catcher pushes the batsman out of the way, or tips his bat.

Rule 48. Returning to bases.—The base-runner shall return to his base without liability to be put out:

SECTION 1. If the umpire declare any foul not legally caught.

SEC. 2. If the umpire declare an illegally batted ball.

SEC. 3. If the umpire declare a dead ball, unless it be also the fourth unfair ball and he be thereby forced to take the next base, as provided in rule 47, section 2.

SEC. 4. If the person or clothing of the umpire while stationed back of the bat, interfere with the catcher in an attempt to throw.

SEC. 5. If a pitched ball at which the batsman strikes but misses, touch any part of the batsman's person.

SEC. 6. If the umpire be struck by a fair hit ball before touching a fielder; in which case no base shall be run unless necessitated by the batsman becoming a base-runner, and no run shall be scored unless all the bases are occupied.

SEC. 7. If the umpire declare the batsman or a base-runner out for interference; in which case all other base-runners shall return to the last base that was in the judgment of the umpire legally touched at the time of the interference.

SEC. 8. If the coacher intentionally interfere with a thrown ball as described in section 7, rule 47.

In any and all of the foregoing cases the base-runner is not required to touch the intervening bases in returning to the base to which he is legally entitled.

Rule 49. When base-runners are out.—The base-runner is out—

SECTION 1. If, after three strikes have been declared against him while he is the batsman, the third strike ball be not legally caught and he plainly attempts to hinder the catcher from fielding the ball.

SEC. 2. *a.* If, having made a fair hit while batsman, such fair hit ball be caught by a fielder before touching the ground or any object other than a fielder; provided, it be not caught in a fielder's hat, cap, protector, pocket or other part of his uniform.

If, before two are out, while first, or first and second, or first, second, and third bases are occupied, any player, in the judgment of the umpire, intentionally drops a fly ball or a line drive, the umpire shall immediately rule the ball has been caught.

NOTE.—Base-runners are obliged to "tag up" after the out has been declared before they can advance.

b. If, after having hit or bunted a ball to fair territory, his bat again hits the ball on or over fair territory and deflects its course. Other base-runners cannot advance.

SEC. 3. If, when the umpire has declared "three strikes" on him while he is the batsman, the third strike ball be caught by a fielder before touching the ground; provided, it be not caught in a fielder's hat, cap, protector, pocket or other part of his uniform or touch some object other than a fielder before being caught.

SEC. 4. If, after three strikes, or a fair hit, he be touched with the ball in the hand of a fielder before he shall have touched first base.

SEC. 5. If, after three strikes or a fair hit, the ball be securely held by a fielder while touching first base with any part of his person before such base-runner touch first base.

SEC. 6. If, in running the last half of the distance from home base to first base, while the ball is being fielded to first base, he run outside the 3-foot lines and, in the opinion of the umpire, interferes with the fielder taking the throw at first base; except that he may run outside the 3-foot lines to avoid a fielder attempting to field a batted ball.

SEC. 7. If, in running to any base, he run more than 3 feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by a ball in the hand of a fielder. But in case a fielder be occupying a base-runner's proper path in attempting to field a batted ball, then the base-runner shall run out of direct line to the next base and behind said fielder and shall not be declared out for so doing.

SEC. 8. If he fail to avoid a fielder attempting to field a batted ball, in the manner described in sections 6 and 7 of this rule, or in any way obstruct a fielder in attempting to field a batted ball, or intentionally interfere with a thrown ball; provided, that if two or more fielders attempt to field a batted ball, and the base-runner come in contact with one or more of them, the umpire shall determine which fielder is entitled to the benefit of this rule, and shall not decide the base-runner out for coming in contact with a fielder other than the one the umpire determines to be entitled to field such batted ball. If a fair hit ball goes through an infielder, and hits a runner immediately back of him, the umpire must not declare the runner out for being hit by a batted ball. In making such decision the umpire must be convinced that the ball passed through the infield and that no other infielder had the chance to make a play on the ball. If, in the judgment of the umpire, the runner deliberately and intentionally kick such a hit ball, on which the infielder has missed a play, then the runner must be called out for interference.

SEC. 9. If at any time while the ball is in play, he be touched by the ball in the hand of a fielder, unless some part of his person be touching the base he is entitled to occupy; provided, however, that the ball be held by the fielder after touching him, unless the base-runner deliberately knock it out of his hand. The ball must be firmly held by the fielder after touching the runner. The ball cannot be juggled, even though the fielder may regain possession of the ball and prevent same from dropping to the ground.

SEC. 10. If, when a fair or foul hit ball (other than a foul tip) be legally caught by a fielder, such ball be legally held by a fielder on the base occupied by the base-runner when such ball was batted or the base-runner be touched with the ball in the hand of a fielder before he retouch such base after such fair or foul hit ball was so caught; provided, that the base-runner shall not be out in such case if, after the ball was legally caught, it be delivered to the bat by the pitcher before the fielder hold it on said base, or touch the base-runner out with it; but if the base-runner, in attempting to reach a base, detach it from its fastening before being put out, he shall be declared safe. A base-runner who holds his base on a fly ball shall have the right to advance the moment such fly ball touches the person or uniform of a fielder.

SEC. 11. If, when the batsman becomes a base-runner, the first base or the first and second bases or the first, second, and third bases be occupied, any base-runner so occupying a base shall cease to be entitled to hold it, and may be put out at the next base in the same manner as in running to first base, or by being touched with the ball in the hand of a fielder at any time before any base-runner following him in the batting order be put out, unless the umpire should decide the hit of the batsman to be an infield fly.

SEC. 12. If a fair hit ball strike him before touching a fielder, and, in such case, no base shall be run unless necessitated by the batsman becoming a base-runner, but no run shall be scored or any other base-runner be put out until the umpire puts the ball back into play.

SEC. 13. If, when advancing bases, or obliged to return to a base, while the ball is in play, he fail to touch the intervening base or bases, if any, in the regular or reverse order, as the case may be, he may be put out by the ball being held by a fielder on any base (including home base) he failed to touch, or by being touched by the ball in the hand of a fielder in the same manner as in running to first base; provided, that the base-runner shall not be out in such case if the ball be delivered to the bat by the pitcher before the fielder hold it on said base or touch the base-runner with it; however, after a fly ball other than a foul tip be legally caught by a fielder, the base-runner who complies with the provisions of this section can only be retired by the ball being held by a fielder on the base occupied by the runner when such ball was batted, or by being touched by the ball in the hand of the fielder as provided in section 10 of this rule.

SEC. 14. If, when the umpire calls "play," after the suspension of a game, he fail to return to and touch the base he occupied when "time" was called before touching the next base; provided, the base-runner shall not be out, in such case, if the ball be delivered to the bat by the pitcher, before the fielder hold it on said base or touch the base-runner with it.

SEC. 15. If, with one out, or none out, and a base-runner on third base, the batsman interfere with a play being made at home plate.

SEC. 16. If he pass a preceding base-runner before such runner has been legally put out he shall be declared out immediately.

SEC. 17. If, in the judgment of the umpire, the coacher at third base by touching or holding the runner physically assists him in returning to or leaving third base. The runner, however, should not be declared out if no play is being made on him.

SEC. 18. The base-runner in running to first base may overrun or overslide said base after touching it in passing without incurring liability to be put out for being off said base, provided he return at once and retouch the base, after which he may be put out as at any other base. If, after overrunning first base, he attempt to run to second base before returning to first base, he shall forfeit such exemption from liability to be put out.

SEC. 19. If, while third base is occupied, the coacher stationed near that base shall run in the direction of home base on or near the base line while a fielder is making or trying to make a play on a batted ball not caught on the fly, or on a thrown ball, or a fly ball, and thereby draws a throw to home base, the base runner entitled to third base shall be declared out by the umpire for the coacher's interference with and prevention of the legitimate play.

SEC. 20. If one or more members of the team at bat stand or collect at or around a base for which a base-runner is trying, thereby confusing the team in the field and adding to the difficulty of making such play, or if a batsman or base-runner who has just been retired obstructs or interferes with any following play being made on a base-runner, the base-runner shall be declared out for the interference of his teammate or teammates.

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SECTION II

FUNDAMENTALS OF PLAY

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General description	1
Pitching	2
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1. General description.—Baseball is a bat and ball game, played with a horsehide-covered ball and a wooden bat on a field called a diamond, which contains three bases and a home plate. Two teams of nine players each alternate at bat and in the field, a team remaining at bat until three outs have been charged against it. Players at bat attempt to hit a pitched ball and circle the bases in rotation

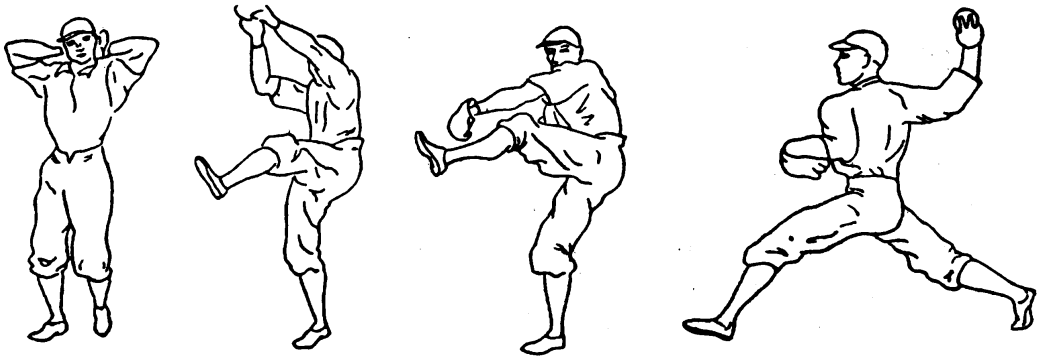


FIGURE 5.—Pitching motion.

without being tagged with the ball by an opposing player, in order to reach home plate to score a run. The team securing the most runs in nine innings wins the game.

2. Pitching.—*a. Delivery.*—The pitching motion or delivery is a series of synchronized and rhythmical movements divided into the wind-up, the body pivot and swing, and the follow-through. A full wind-up is generally used when no one is on base; a short arm swing is used when a runner is on first or second base.

(1) In the full wind-up and delivery the right-handed pitcher stands with both feet on the pitching rubber, with the ball in his right hand but covered with his gloved fingers. He moves his right hand and arm in a full arm circle on a perpendicular plane with the

arm and hand relaxed; as the arm is brought back over the right shoulder in completing the circle, he pivots his body part way around to the right to a position where he is balanced on his right foot with his right hand dropped back of him and his left leg raised in front; he then launches his body and right arm forward in the pitch, taking a forward step of about a yard and getting the entire weight of his body behind the pitch; the right foot for balance then follows the pitching arm forward in a follow-through, swinging in a wide arc and coming to rest on the ground even with the left foot just after the ball has been released in the pitch. An overarm swing is generally used in the delivery, but some pitchers use the sidearm.

(2) The short arm swing is used to prevent runners from stealing base. The right-handed pitcher with a runner on base stands in a position where he can watch first base as he prepares to pitch. He

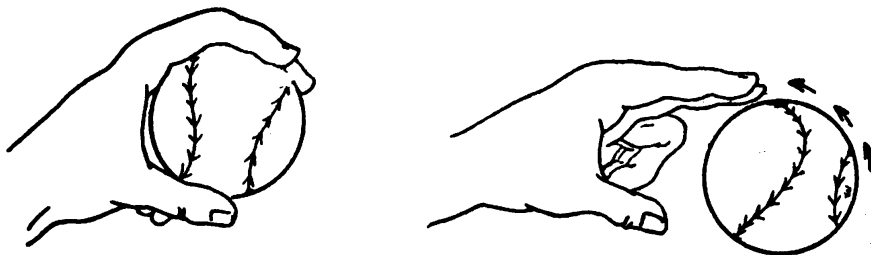


FIGURE 6.—Fast ball.

stands with his right foot on the rubber and his left foot about 2 feet forward, his shoulders almost in a direct line with home plate and second base, his elbows at the hips, his hands usually belt high, and the weight of his body resting on the right foot; the ball is then thrown with the body weight behind it and generally with a short overarm swing, the right foot finishing forward at the completion of the pitch.

b. Types of pitches.—There are three fundamental types of pitches—the fast ball, the slow ball, and curve balls—and irrespective of the type of pitch, the ball should have the same position in the hand and be hidden by the glove as much as possible prior to the pitch, so that the batter cannot tell in advance what type of ball is to be thrown.

(1) To pitch the fast ball, the ball is held in the fingertips, with the thumb underneath, and the first and second fingers above. The fingers grasp the ball along or across the seams, since the raised stitches aid in controlling and spinning the ball. The two fingers impart a backward spin to the ball as it leaves the hand, causing it to rotate about an axis parallel to the ground. The ball shoots

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downward toward the batter's knees until a few feet away, where it straightens out because of its backward spin, and shoots straight in toward the catcher parallel to the ground.

(2) The slow ball to be deceptive must be thrown with the same effort and motion as the fast or curve ball. There are a number of ways to hold the ball, but in the usual pitcher's grip the fingertips and thumb are raised or relaxed so that the ball rests against the base of the fingers and the palm of the hand. The ball rotates very little in flight, because the last point of impact is the broad part of the hand instead of the fingers, which are relaxed at the moment of delivery.

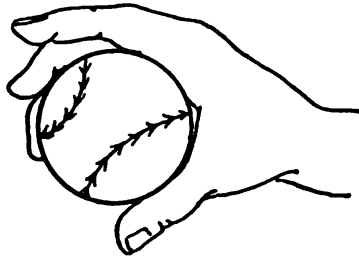


FIGURE 7.—Slow ball.

(3) The curve balls are the incurve or inshoot, the outcurve or outshoot, and the drop. In throwing these balls it should be remembered that a pitched ball always breaks in the direction in which it is revolving.

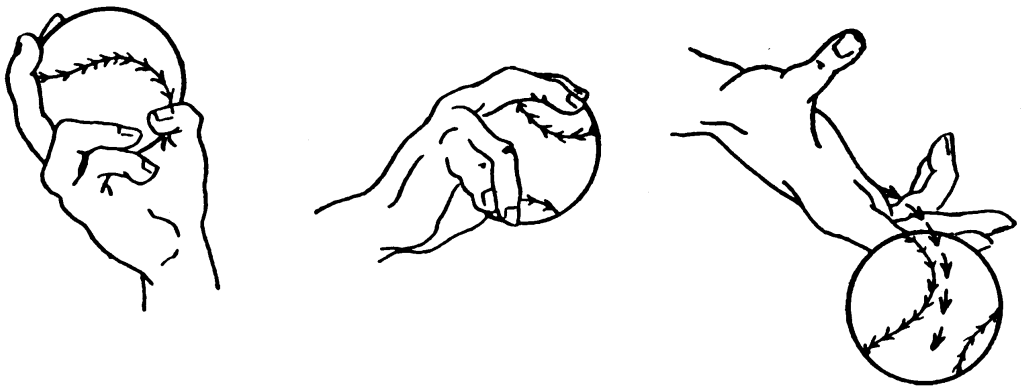


FIGURE 8.—Curve.

(a) The incurve or inshoot is a fast ball with a hop. The ball is delivered with the same motion as the fast ball—straight forward with a downward follow-through—except that the arm finishes with a slight curve toward the right leg instead of toward the left. This causes the ball to spin inward toward the batter, and thus curve in.

(b) The preliminary motions of throwing the outcurve or outshoot are the same as throwing the fast ball. However, instead of

letting the ball go off the tips of the fingers, as in throwing the fast ball, the outcurve is produced by a twist of the wrist bringing the hand across in front of the body nearly horizontally, with the back of the hand downward, spinning the ball with nearly a vertical axis, letting it go out between the thumb and side of the index finger.

(c) A drop is delivered with the ball held in the same position as for an outcurve. The ball is brought straight downward, rolling out over the index finger as in the outcurve, except that the wrist is perpendicular instead of parallel to the ground as the ball leaves the hand.

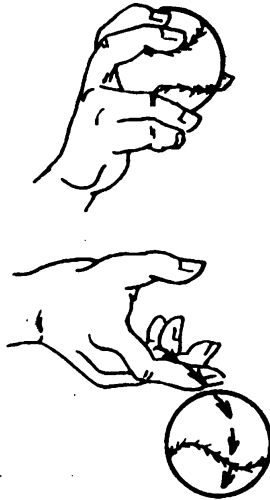


FIGURE 9.—Drop.

c. Fielding by pitcher.—As soon as the ball is delivered to the batter the pitcher becomes a fielder, and if his follow-through is correct it will leave him crouched on the balls of both feet and in position to go in any direction for any ball batted back into pitching territory when his pitch is completed. On infield hits between the pitcher and first base he should start for that bag in order to take the throw from the player who fields the ball. On bunts he should listen to shouted instructions of the catcher as to which player should field the bunt.

3. Catching.—The catcher is the one player who sees every play and directs a large part of the defense of infield play. He is the busiest player in the game.

a. Position behind plate.—The catcher squats directly behind the plate, gives the pitcher the signal for the pitch, and then either takes an erect position or a semierect position, holding both the gloved hand and the ungloved hand toward the home plate, with his feet well spread.

b. Receiving the ball.—The catcher should receive all pitches that are below the waist with the fingers pointing downward, and all above the waist with the fingers pointing upward. The fingers of the bare hand should be closed, but in a relaxed position with the thumb along the index finger. The hand should not be opened until the instant the ball strikes the catcher's mitt, the mitt hand being allowed to give slightly at that moment. Simultaneous with the impact he should open his bare hand over the ball so he can grasp it and bring it immediately without any extra motion to a point behind his ear with his right arm cocked for the throw to the pitcher or to any baseman.

c. Throwing to bases.—From the position behind the ear the catcher brings the ball forward over the elbow in a flat arc or straight line, with a snap of the wrist, the hand following through in the direction of the snap after the ball is released. The feet are shifted and the body turned to the right just prior to the throw.

d. Fielding.—The catcher should attempt to catch short fly balls in the infield near the plate, and call out which fielder should make the catch if it is farther out in the diamond. He should remove his mask by flicking it off as he goes after the ball. In fielding bunts he must judge who is closest, going after the ball himself if in the best position, or calling to the appropriate player.

e. Tagging runner at home plate.—When a base runner approaches home plate, the catcher should take a position on the base line toward third base with his right foot about 18 inches from the plate, and so placed that it will be difficult for the runner to slide home from the front. The left foot should be placed up the base line and a little to the left.

f. Signals.—The catcher should signal the proper pitch to the pitcher, who may accept, or by shaking his head, reject. The usual signals are given by the catcher in a squat position with his hands between his legs and using his fingers; by raising his glove momentarily he shows his fingers for the type of pitch.

4. First base.—The playing position of the first baseman with no runner on base is well back of the base line, and about 20 feet down the second base line. The feet should be well apart, with the hands on the knees and the eyes fixed on the batter. With a left-handed hitter at bat the first baseman should play closer to the base. With a runner on first the first baseman straddles the bag, watching the pitcher for any throw to first.

a. Footwork on catching throws.—The first baseman should stretch out as far as possible to meet the ball and still keep a foot

on the base. On the ordinary stretch the left-handed first baseman should keep his left foot on the bag and extend his right foot. The right-handed first baseman should keep his right foot on the base and extend his left. Thus the baseman will be in the correct position for a quick throw to another baseman if necessary.

b. Fielding.—(1) The first baseman should take all fly balls which are in front or to his left, and leave those directly behind him to be fielded by the second baseman.

(2) Ground balls to the right of the first baseman should be fielded by him if they are hard hit, the pitcher then covering the base. Slow rollers should usually be left to the second baseman.

(3) Bunts along the first base line which the catcher cannot get should likewise belong to the first baseman.

5. Second base.—The second baseman plays in close cooperation with the shortstop. He normally stands at a position one-third or one-fourth of the distance toward first base from second base, and a short distance back of the base line between second and first base. His body position in the field is similar to that of the first baseman.

a. Fielding ground balls.—This should be done by taking the ball in front of the body whenever possible, and in a natural moving stride. The hands should give slightly as the ball strikes the glove, and the body should be kept close to the ground by bending at the knees and hips with the feet comfortably spread. Both hands should be used with the fingers relaxed and pointing toward the ground except where the ball takes a high bounce. The palm of the gloved hand should face the ball as it approaches, being held in the path of the ball while the bare hand clasps down over it the moment it strikes the glove. The eyes should watch the ball right into the glove.

b. Fielding fly balls.—The second baseman is responsible for fly balls to short center and short right. There are several ways of catching a fly ball, but the most acceptable one is that in which the hands are extended well out in front of the eyes toward the ball. In this position the hands are cupped and relaxed.

c. Tagging the runner.—If the baseman straddles the bag he really does not need to tag the runner—he lets the runner tag himself. He should catch the ball and hold it in the gloved hand near the ground in front of the base while the base runner slides into it. Catching the ball and putting it down should all be done in one continuous motion.

d. Relaying throws.—On extra base hits to right or center field the second baseman should go well out into right field and relay the ball from right or center field back to the proper place. On

such plays the shortstop or first baseman should act as a guide and should call to the second baseman where the relay ball should be thrown.

6. Shortstop.—The shortstop is the fastest and most roving player of the infield. He normally plays approximately 10 yards to the left of second base. He should assume a natural relaxed position, bend at the knees and hips, and lean forward slightly with the weight on the balls of the feet, which should be about 18 inches apart.

a. Covering second base.—When the second baseman is fielding a ball, covering first base, or otherwise out of position, the shortstop covers second base. As any other baseman, he should straddle the base, hooking the left foot on the outside corner as he faces the runner, forcing the runner to the inside if possible.

b. Relaying throws.—One of the most important assignments of the shortstop is that of relaying long fly balls and base hits from the outfielders to the infield. On a long hit to left or left center field he should station himself out between the infield and outfield and in line with the play to third or home. On hits to right or right center field, with a runner on first, he should station himself 20 to 30 feet from third base and in line with the throw to that base. This places him in a position to cut off the throw, if it is too late to get the runner off third, for a possible put-out of the batsman at second base.

c. Backing up plays.—All of the infielders have their share of assisting the plays of one another. The first baseman often supports the second baseman, and sometimes the catcher. The second baseman helps the first baseman and the pitcher. The shortstop, however, does more backing up than any infielder. He is the principal assistant to the second baseman, helps the third baseman, works with the pitcher, and runs to the aid of the outfielders.

7. Third base.—The third baseman occupies what is called the "hot corner" because of the numerous hard hits to his vicinity. While awaiting a throw to third to catch a runner he should straddle the bag and face the runner as described for the second baseman and shortstop. He is responsible for hard hit balls to either side as far as he can reach, and he must handle bunts and other slow balls on his side of the pitcher. He should call for all fly balls near the pitcher's mound and between third base and home plate. With no one on base he should play in the base path from second to third and about 15 feet from his base.

8. Outfield.—Each outfielder plays in the section of the outfield designated in his name, but the center fielder receives more chances

at fielding the ball than the other two fielders. The three outfielders move from their normal position slightly to the right when a left-handed batter is up, and they come in to back up the basemen when the occasion warrants.

a. Fielding fly balls.—The outfielder should assume a slightly crouched position with the legs well spread and the weight distributed on the balls of the feet. From this stance he can start quickly in any direction. The arms should not be extended toward the ball until the very last moment of the catch. The position of the hands in receiving the ball will depend upon the elevation and direction at which the ball is caught. When possible the ball should be caught in front of the face with the arms extended and relaxed, the palms turned up with the little fingers together, forming a cup. The hands should give with the catch, and the player should watch the ball right into the glove. Some outfielders find it difficult to hold the ball in this manner and prefer to catch the ball with the thumbs together and with fingers pointing upward.

b. Fielding ground balls.—The outfielder may play a ground ball in one of two ways. On hurried plays he handles it in much the same way as infielders do, but if the situation demands that he play it safe he should drop one knee to the ground. In this event the right-handed player should place his right knee beside his left heel, with his forearms held close together with the elbows near the body, and thus at least block the ball if he cannot catch it.

9. Batting.—The hitter should watch the ball as it leaves the pitcher's hand and follow it with his eyes until there is actual contact with the bat. He should start his swing early and meet the ball well out in front of his body.

a. Batting grip.—Three distinct grips are employed. In the first, the hands are placed together at the end of the handle. This grip is used by a free swinger and a long-distance hitter. In the second, the hands are placed upward from the end of the bat and known as the choke grip, which is popular with small men and place hitters. Another grip used very little is with the hands about 6 or 7 inches apart. In all cases the bat should be held securely but not too firmly, with the lower hand on top as the player holds it in front and with the upper hand behind the handle.

b. Position at plate.—A right-handed batter should stand with his right foot at right angles to the plate, with his feet about 12 inches apart, and the left toe pointing toward the pitcher. The right foot should be used as a pivot foot, turning on the sole as the left foot is

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moved from one side to another depending on the pitch. The left-handed hitter's position is the reverse of this.

c. Swing.—The most common methods of swinging the bat at a pitched ball are the rigid arm, the push swing, and the wrist swing, which are self-descriptive. The batter should shift his weight from the back leg to the forward leg when swinging, tensing the back leg for power. The swing of the bat should be parallel with the ground and on the same plane as the pitch. The elbows should be kept away from and well out in front of the body.

d. Bunting.—In bunting, the bat should be held out in front of the body and in front of the plate, with the elbows flexed and the bat parallel with the ground; the bat should be held lightly, one hand holding the bat loosely near the end, while the other holds the center of the bat near the trade-mark with the fingers behind for protection. The bat is neither swung at nor pulled away from the ball, but merely touches it.

10. Base running.—The batter should start running the instant the bat meets the ball, and keep running even though it appears that an opposing player will catch the ball. However, he must keep in position to return to his starting base (when a base runner) if a fly ball is caught. When rounding bases they should be touched with the right foot, the pivot being on the left.

a. Taking a lead.—The distance a runner stands from the base depends on his own ability and the throwing ability of the pitcher. The runner should stand at a comfortable distance from the base so that he can return to it if the pitcher throws the ball to the baseman, and should watch the ball. He should start for the next base with the pitch.

b. Sliding.—The best slide is the hook slide which is accomplished by launching the body toward the ground feet first while about 10 feet from the base, sliding on one leg, throwing the body around to one side, and hooking the base with the foot of the other leg.

RULE CHANGES

CHAPTER 4

BASKETBALL

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES

Rule 5. Players and substitutes.—SECTION 1. *Teams.*—Each team shall consist of five players, one of whom shall be captain.

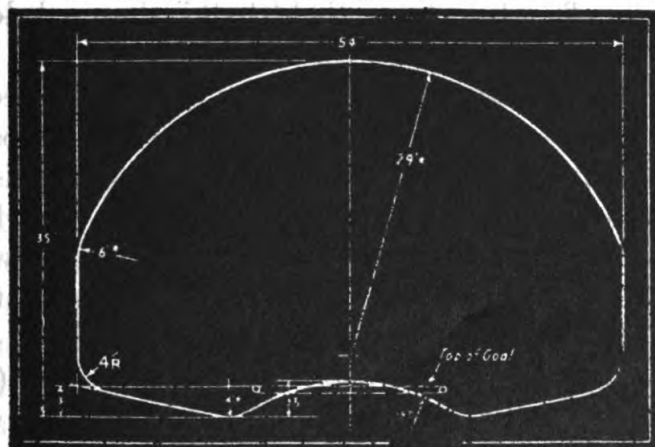
SEC. 2. Captain's duties and power.—The captain shall be the representative of his team and may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out (rule 11, sec. 1*d*) or permission to leave the court (rule 5, sec. 5).

At least 2 minutes before the game is scheduled to begin, the scorers shall be supplied with names, numbers, and positions of players who are to start the game. Failure to comply with this provision is a technical foul, unless the referee considers the failure unavoidable.

SEC. 3. Substitution.—A substitute before going upon the court shall report to the scorers, giving his name, number, and position. The scorers shall sound a horn immediately if the ball is dead or as soon as it becomes dead. The substitute shall remain outside the boundary lines until an official signals for him to enter the court, whereupon he shall report immediately to one of the officials, telling the official his name or number and the name or number of the player he is to replace. This player shall not be withdrawn until after play has been resumed, and a player who has left the game shall not return until after play has been resumed. Substitutes who enter the game at the beginning of the second half are not required to report to an official but must report to the scorers.

SEC. 4. —Reentering the game.—A player who has left the game, except for disqualification for four personal fouls or for other disqualification, may reenter the game twice.

SEC. 5. Leaving the court.—A player may not leave the playing court without permission of the officials until time is called at the



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end of the half (see rule 15, sec. 3), except as authorized by the rules.

SEC. 6. Numbers.—Each player shall be numbered on the front and back of his shirt with plain numbers of solid color contrasting with the color of his shirt, and made of 1-inch-wide material. The number on the back shall be at least 6 inches high and that on the front at least 4 inches high. Teams shall not use numbers one and two in numbering their players. It is strongly recommended that players be numbered consecutively from three upward, with players most often used wearing the single digit numbers.

Rule 7. Playing terms.—**SEC. 7. Dead ball.**—The ball becomes dead and play shall cease until the ball is put in play again as indicated by an official:

- a. When the whistle of an official sounds.
- b. When a goal is made.
- c. When held ball is declared.
- d. When time-out is declared.
- e. When either a foul or a violation is called.
- f. When the ball goes out of bounds.
- g. After each free throw following a technical or double foul.
- h. At expiration of playing time.
- i. When the ball lodges in the supports of the basket (jump ball between the centers at nearer free throw line, except that the ball goes to center after a double foul or out of bounds at midcourt after a technical foul).
- j. After each free throw of a multiple throw except when the last such throw awarded for a personal foul is unsuccessful.

If on a try for goal the ball is in the air when the signal is sounded to indicate "dead ball," the goal counts if made, except as follows: If before the ball is in the air a foul or violation is made by a player of the team throwing for goal from the field, the goal does not count. Of course, if an official declares "held ball," the goal does not count even if the ball is in the air when the whistle sounds.

After dead ball the ball goes into play when it is tossed for a jump, or placed at the disposal of a free thrower, or when it crosses the plane of the boundary line when thrown in from out of bounds.

SEC. 8. Pivot.—A *pivot* takes place when a player who is holding the ball steps once or more than once in any direction with the same foot, the other foot, called the pivot foot, being kept at its point of contact with the floor.

SEC. 9. Running with ball.—*Running with the ball (traveling)* is progressing in any direction in excess of prescribed limits while holding the ball. The limits follow:

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Item 1.—A player who receives the ball while standing still may pivot, using either foot as the pivot foot.

Item 2.—A player who receives the ball while he is progressing or upon completion of a dribble may use a two-count rhythm in coming to a stop or in getting rid of the ball. The first count occurs—

a. As he receives the ball if either foot is touching the floor at the time he receives it.

b. As the foot touches the floor or as both feet touch the floor simultaneously *after* he receives the ball if both feet are off the floor when he receives it.

The second count occurs when, after the count of one, either foot touches the floor or both feet touch the floor simultaneously.

When a player comes to a stop on the count of one he may pivot and may use either foot as the pivot foot.

When a player comes to a stop on the count of two, if one foot is in advance of the other he may pivot but the rear foot only may be used as the pivot foot; however, if neither foot is in advance of the other he may not pivot but may lift either foot provided he gets rid of the ball before that foot again touches the floor.

Item 3.—a. A player who receives the ball while standing still, or who comes to a legal stop while holding the ball, may lift the pivot foot or jump when he throws for goal or passes, but the ball must leave his hands before one or both feet again touch the floor.

b. In starting a dribble after receiving the ball while standing still, or after coming to a legal stop, a player may not jump before the ball leaves his hands, nor may he lift the pivot foot from the floor before the ball leaves his hands.

SEC. 10. Dribbling.—A *dribble* is made when a player, having gained control of the ball, gives impetus to it by throwing, batting, bouncing, or rolling it, and touches it again before it touches another player. In a dribble the ball must come in contact with the floor, except that one “air dribble” may be made; that is, a player may begin a dribble by tossing the ball into the air, or during a dribble he may bat the ball once into the air with one hand, and may touch it again before it strikes the floor. After giving impetus to the ball as described in the foregoing, the player completes his dribble the instant he touches the ball simultaneously with both hands, or permits the ball to come to rest in one or both hands. There is no limit to the number of steps a player may take when the ball is not in contact with his hand; he may take as many steps as he wishes between bounces of a dribble.

SEC. 11. Holding.—*Holding* is personal contact with an opponent that interferes with his freedom of movement.

SEC. 12. *Blocking.*—Blocking is personal contact which impedes the progress of an opponent who has not the ball.

SEC. 13. *Foul.*—A foul is an infraction of the rules the penalty for which is one or more free throws.

SEC. 14. *Disqualifying foul.*—Disqualifying foul is an infraction of the rules for which a player is removed from the game.

SEC. 15. *Double foul.*—A double foul takes place when fouls are called simultaneously upon both teams.

SEC. 16. *Multiple throw.*—A multiple throw takes place when two or more free throws are awarded the same team.

SEC. 17. *Violation.*—A violation is an infraction of the rules not involving a foul.

SEC. 18. *Free throw.*—A free throw for goal is the privilege given a team to throw for goal from a position directly behind the free throw line.

SEC. 19. *Delaying game.*—Delaying the game is unnecessarily interfering with the progress of the game by a player.

SEC. 20. *Extra period.*—Extra period is the extension of playing time necessary to break a tie score.

Rule 8. Playing regulations.—SECTION 1. *a. How game is started.*—The game shall be started by a jump ball in the center circle as provided in sections 5 and 6 of this rule.

b. Length of periods and intermission.—Teams whose players are of college age shall play two halves of 20 minutes each, with an intermission of 15 minutes between the halves. By mutual agreement such games may be played in four 10-minute quarters, with 2-minute intermissions between the first and second quarters and between the third and fourth quarters; also by mutual agreement the intermission between halves may be reduced to 10 minutes.

SEC. 2. *Captains notified before each half.*—Captains shall be notified 3 minutes before each half is to begin. If a team is not ready within 1 minute after play is called by the referee at the beginning of either half, a technical foul shall be called for each minute of delay. In case of unavoidable delay the referee shall make proper allowance.

SEC. 3. *Choice of baskets.*—The visiting team shall have choice of baskets in the first half. For the second half the teams shall change baskets.

SEC. 4. *Ball thrown, etc., in any direction.*—The ball may be passed, thrown, batted, bounced, rolled, or dribbled in any direction.

SEC. 5. *a. Center jump.*—The ball shall be put in play in the center circle:

- (1) At the beginning of each half, and of each extra period.
- (2) After held ball on or inside the restraining circle at center.
- (3) After the last free throw following a double foul, or after the last free throw resulting from any other fouls by both teams.

b. Positions of center players.—Each center player shall stand with both feet on or inside that half of the center circle which is farther from his own basket. An official shall then toss the ball upward in a plane at right angles to the side lines between the center players, to a height greater than either of them can jump and so that it will drop between them. He shall blow his whistle as the ball leaves his hands. The ball must be tapped by one or both of the center players after it reaches its highest point. If it touches the floor without being tapped by at least one of the jumpers, the official shall put it in play again in the same place.

SEC. 6. When ball is tapped.—The center players must not tap the ball before it reaches its highest point, and must not leave the circle until the ball has been tapped. Neither center may tap the ball more than twice, after which neither may touch the ball again until it has touched one of the other eight players, the floor, the basket, or the backboard. Under this provision four taps are possible, two by each center. When jump ball takes place at center or at one of the free throw lines, all players except the jumpers shall remain outside the restraining circle (cylinder) until the ball has been tapped. Infraction of this clause is normally a violation, but repeated infractions may be penalized as delay of the game.

SEC. 7. Jump ball outside a circle.—When the ball is tossed up between two players elsewhere than in the center, the players shall assume the same position in relation to each other as when jumping in the center, the other players being required to remain a reasonable distance from the jumpers and the official until the ball has been tapped.

SEC. 8. Ball in front or back court.—*a.* When a team gains control of the ball in its back court, that team must advance the ball to its front court within a period of 10 seconds unless the ball, while out of control of the team, touches or is touched by an opponent. In the latter event, a new play results and the 10-second period begins again when control of the ball is regained in the back court. When the ball is thrown from out of bounds to a team's back court, the count starts when that team gains control of the ball.

Penalty: Opponents' ball out of bounds at point nearest the ball when the 10-second period expires.

b. A team may not cause the ball to go to its back court except following—

- (1) A try for goal.
- (2) A jump ball.
- (3) An out-of-bounds play.
- (4) Recovery of the ball from control of an opponent.

After one of these four plays, only the player who is the first of his team to touch the ball may cause it to go to his back court, and right to do so ceases if the ball is touched thereafter in the front court by another player of either team. The last player who touches the ball before it goes into the back court is considered to have caused it to go there.

Penalty: No penalty if the illegally returned ball is first touched in the back court by an opponent. Otherwise it is the opponents' ball out of bounds at the point nearest the ball when the violation is declared.

SEC. 9. After goal from field.—After a goal from the field, any opponent of the team credited with the score shall put the ball in play from any point out of bounds at the end of the court where the goal was made. He may throw it from any point behind the end line, or he may pass it to a teammate behind the end line. Not more than 5 seconds may be consumed in getting the ball into play, the count starting the instant the ball is at the disposal of the first player out of bounds.

SEC. 10. a. When game is terminated.—The game shall terminate by the sounding of the timer's signal indicating the end of the game. (See rule 7, section 7.)

b. Foul simultaneous with timer's signal.—When a foul is committed simultaneously with or just previous to the timer's signal ending a half or an extra period, time shall be allowed for the free throw or throws, which shall be attempted immediately. When such a foul occurs at the end of the first or third quarter of a game played in quarters, or during the intermission following the first or third quarter, the free throw shall be attempted at the beginning of the next quarter, and, if it was a personal foul, the ball shall be in play if the free throw is missed, and out of bounds to an opponent if the free throw is successful. Each half and extra period must begin with jump ball at center.

Rule 9. Scoring.—SECTION 1. *Point value of goals.*—A goal made from the field shall count 2 points; a goal from a free throw shall count 1 point. A goal from the field shall count for the team into whose basket the ball is thrown.

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SEC. 2. A game shall be decided by the scoring of the greater number of points in the playing time.

SEC. 3. *Tie score and extra period.*—If the score is a tie at the expiration of the second half, play shall be continued without change of baskets for an extra period of 5 minutes or as many such periods of 5 minutes as may be necessary to break the tie. An intermission of 2 minutes shall be allowed before each extra period. Each extra period shall be considered a continuation of the second half, but at the beginning of each extra period the ball shall be put in play at the center.

The first paragraph of this section shall be modified for games in which the players are of high school age or younger, as follows: If the score is a tie at the end of the fourth quarter, 2 minutes intermission shall be declared during which the teams may not leave the court. Play shall then be resumed without change of baskets for an extra period of 3 minutes. If the score is a tie at the end of this period, an intermission of 2 minutes shall be declared. Play shall then be resumed and as soon as one team scores 2 points it shall be declared the winner. If neither team scores 2 points in a period of 3 minutes, play shall again be suspended. If one team has scored 1 point by the end of this period, it shall be declared the winner. If neither team has scored, or if both teams have scored 1 point, additional extra periods shall be played during the same conditions as the second extra period. If a team is ahead by 1 point at the end of any extra period, or as soon as a team scores 2 points after the first extra period, the game is over, except in the case of each team scoring a second point as the result of a double foul.

SEC. 4. *a. Forfeit.*—A team shall forfeit the game if it refuses to play after being instructed to do so by the referee.

b. Score of forfeited game.—If the team to which the game is forfeited is ahead, the score at the time of the forfeiture shall stand. If this team is not ahead the score shall be recorded as 2-0 in its favor.

Rule 10. Out of bounds.—SECTION 1. *Who causes ball to go out and how put in play.*—When the ball goes out of bounds, an official shall designate a nearby opponent of the player who caused it to go out. If the ball is out of bounds because of touching something other than a player, it is caused to go out by the last player to touch it before it goes out. If it is out of bounds because of touching a player (on or outside a boundary), such player causes it to go out. The designated player shall stand out of bounds near the point where the ball left the court, and then shall throw, bounce, or roll the ball to another player within the court.

SEC. 2. Official in doubt as to who caused out-of-bounds ball.—If an official is unable to determine which player touched the ball last before it went out of bounds, he shall put the ball in play by a jump ball at the spot where it was last touched inside the court, but not less than 6 feet from any boundary line. If, however, on a jump ball at center, or elsewhere, the ball is tapped out of bounds by both players simultaneously, the same players shall jump again at the same point.

Rule 11. Time-out and time-in.—**SECTION 1. Time-out.**—Time-out may be declared under the following conditions:

a. When a foul is called, the official's signal for the foul being an automatic declaration of time-out.

b. When an official suspends play for a substitution upon signal from the scorers.

c. When ordered by an official because of delay in obtaining the ball, as when it lodges in the support of the basket or rolls under seats.

d. When an official grants a player's request for time-out, such request being granted only when the ball is dead or in control of this player's team.

e. When an official suspends play because of injury to a player.

f. When an official suspends play for the removal of a disqualified player.

SEC. 2. Charged time-out.—When time-out is declared for a team as provided in *d*, *e*, and *f* of section 1, a time-out shall be charged to that team for each minute or fraction thereof consumed, except that in case of injury or disqualification no time-out shall be charged if the injured or disqualified player leaves the game within 1 minute and if no more than an additional 30 seconds is consumed in completing the substitution. If time-out is granted to both teams simultaneously, a time-out shall be charged to each team.

Time-out is not charged under *a*, *b*, and *c* of section 1 except that if the time consumed for a substitution exceeds 30 seconds, a time-out is charged.

SEC. 3. Time-in.—After time has been out the game watch shall be started when the official signals time-in. If this follows—

a. A free throw for a double foul, the official signals time-in by blowing his whistle as the ball leaves his hands on the toss at center.

b. A free throw for any other foul, the official signals time-in by a chopping motion of his hand after the last free throw, including any substitute free throw, this signal being given—

(1) As soon as it is evident that the ball will remain in play by a rebound.

(2) If the throw is successful, or is for a technical foul, or if the ball is awarded out of bounds for any other reason, as soon as the ball crosses the boundary line when it is thrown into play.

c. A period when time has been out for any other reason, the signal is given as provided in section 5 of this rule.

SEC. 4. *Five charged time-outs.*—Five charged time-outs may be granted to each team during regular playing time. One additional time-out may be granted each team for each overtime period of a tie game. After a team has used its allowed number of time-outs, it may be granted additional time-outs at the expense of a technical foul for each such time-out.

SEC. 5. *How play is resumed.*—Whenever play is suspended (unless otherwise provided in the rules), play shall be resumed by tossing the ball up between the two players of opposing teams nearest to it, at that spot where it was when play ceased; except that if a violation or a foul has taken place, play will be resumed with the administering of the penalty; or except that if the ball was in play and in control of a team when play ceased, any player of that team shall put the ball in play from out of bounds at the point nearest the spot where play ceased. When the game is played in quarters, play shall be resumed at the beginning of the second and fourth quarters as provided in the foregoing sentence, except that if the timer's signal sounds while the ball is in the air on a throw for goal at the end of the first or third quarter, if the goal is missed, the next quarter shall begin with a jump ball between the centers at the nearer free throw line; if the goal is made, the ball shall be awarded to the opponents out of bounds as after a goal.

After a game starts, practice shooting shall be permitted only between the halves.

Rule 12. Held ball.—**SECTION 1. *Held ball put in play.***—When *held ball* is called, the official shall put the ball in play as at center. The two players who were in contact with the ball shall assume positions similar to the centers at the start of the game, but in an imaginary circle at the spot where the ball was held, except as provided in section 2.

SEC. 2. When *held ball* is called—

a. In the free throw lane, the ball shall be tossed up at the nearer free throw line.

b. On or inside the restraining circle at center, it shall be tossed up at center.

c. Less than 6 feet from a boundary line, it shall be tossed up at a point 6 feet from the boundary line.

Rule 13. Free throw.—SECTION 1. *Procedure when foul is called.*—When a foul is called an official shall take the ball to the free throw line and after hesitating long enough to permit the captain to waive the free throw if he desires to do so, the official shall put the ball in play by placing it at the disposal of the free thrower, whereupon the right to waive the free throw shall cease. The same procedure shall be followed for each free throw of a multiple throw. During the free throw a player of the home team and the visiting team, respectively, shall occupy the spaces marked “H” and “V,” and no other player shall occupy any part of this space. Their teammates are entitled to alternate spaces along the lane toward the free throw circle. On free throws following technical fouls and double fouls, players shall not line up along the free throw lane.

SEC. 2. When a personal foul is called, the player upon whom the foul was committed shall be designated by the official to attempt the free throw or throws; if any other player attempts the throw, it shall not count if made, and whether made or missed the ball shall be awarded to an opponent out of bounds at the end of the court where the free throw was attempted. If the designated player must leave the game because of injury or disqualification, his substitute must attempt the free throw or throws. If the player who has been fouled is to leave the game for any other cause, he shall attempt the free throw or throws before leaving.

SEC. 3. Free throws for goal after technical fouls may be made by any player of the offended team.

SEC. 4. The throw for goal shall be made within 10 seconds after the ball has been placed either on the free throw line or in the hands of the player on the free throw line who is to attempt the free throw. This shall apply to each free throw.

SEC. 5. *Out-of-bounds ball after free throw.*—After a free throw the ball shall be thrown in from out of bounds—

a. By any opponent of the free thrower as after a field goal, if the throw is for a personal foul and if the throw is successful.

b. By any player of the free thrower's team from out of bounds at midcourt if the free throw is for a technical foul, whether or not the throw is successful.

SEC. 6. *Ball in play if goal is missed.*—If the free throw for a personal foul is unsuccessful, the ball shall continue in play. If there is a multiple throw for personal foul or fouls, the ball shall continue in play if the last free throw is unsuccessful.

If there is a multiple throw and both a personal and a technical foul are involved, the throws shall be attempted in the order in which

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the related fouls were called and, if the last throw is for a technical foul, play shall be resumed after the throw by awarding the ball to the thrower's team out of bounds at midcourt.

SEC. 7. Center ball after double foul.—After the last free throw following a double foul or following a situation where a foul by one team is followed before time is in by a foul by the other team, play shall be resumed by a jump at center.

Rule 14. Violations and penalties.—A player shall not—

SECTION 1. Throw for goal when the ball is dead.

Penalty: Goal if made does not count.

SEC. 2. While making a free throw, consume more than 10 seconds or touch or cross the free throw line, nor shall any other player touch the free throw lane or disconcert the thrower. These restrictions apply until the ball touches the ring or backboard, or until it is evident that it will not touch either.

Penalty: For violation by the free thrower or a teammate, the goal if made shall not count and, if made or missed, the ball shall be awarded to the opponents out of bounds on the end, except that if the free throw is for a technical foul, the ball shall be awarded to any teammate of the free thrower out of bounds at midcourt. If violated by an opponent, the goal, if made, shall count and, if missed, another free throw shall be allowed. This free throw is a substitute for the one originally awarded; if missed, and it was originally a single free throw for personal foul, the ball remains in play. If violated by players of both teams, the goal, if made, shall not count and whether made or missed, the ball shall be tossed up at center.

If the team has been awarded a multiple throw, the center ball and out-of-bounds ball provisions apply only to an infraction on the last free throw.

SEC. 3. Cause the ball to go out of bounds.

SEC. 4. Carry the ball into the court from out of bounds.

SEC. 5. Touch the ball after putting it in play from out of bounds until it has touched another player.

SEC. 6. Consume more than 5 seconds in putting the ball in play from out of bounds.

SEC. 7. Run with the ball, kick it, or strike it with the fists.

SEC. 8. Ball misses ring.—Pass the ball to another player while making a free trial for a goal, but must attempt to throw it into the basket. On a free throw following which the ball would ordinarily be in play, if the ball does not enter the basket, or touch the ring before being touched by a player, it shall be awarded to an

opponent of the free-thrower out of bounds on the end near the basket for which he was throwing.

SEC. 9. Make a second dribble after having completed a dribble, unless the ball when it was out of his control has touched another player, or his own basket or backboard, or has been batted out of his control by an opponent.

SEC. 10. During any jump ball, enter the restraining circle (cylinder) before the ball is tapped; nor shall either jumper tap the ball before it reaches its highest point, catch the ball, or after tapping it a second time touch it again until it has touched the floor, one of the other eight players, the basket, or the backboard.

SEC. 11. *Three seconds.*—Remain for more than 3 seconds in that part of his free throw area between the end line and the farther edge of the free throw line while the ball is in control of his team.

Penalty (secs. 3, 4, 5, 6, 7, 8, 9, 10, 11): The ball shall go to an opponent out of bounds at the point nearest the spot where the violation was committed.

SEC. 12. Interfere with the ball or basket while the ball is on the ring or within the basket.

Penalty (sec. 12):

a. If committed at opponent's basket, shall be declared a goal whether made or not. (Ball put in play as after a field goal.)

b. If committed at player's own basket, shall be declared no goal whether made or not. (Jump ball between centers at nearer free throw line.)

SEC. 13. Touch the ball with the hand or arm while that hand or arm is touching any part of the opponent's basket, or while that hand or arm is directly above the opponent's basket.

Penalty (sec. 13): Shall be declared a goal whether made or not. (Ball put in play as after a field goal.)

Rule 15. Fouls and penalties.—a. *Technical foul* (see also rule 5, secs. 2 and 3, and rule 8, sec. 2).—A player shall not—

SECTION 1. Delay the game by—

(1) Touching the ball after it has been awarded to an opponent out of bounds.

(2) Interfering with an opponent who is returning the ball into the court from out of bounds; that is, no part of his person shall be outside of the court, and he shall not touch the ball until it has crossed the line.

(3) Taking time out when his team has used its legal number of time-out periods, or by taking time out when the ball is in play in control of opponents.

(4) Leaving the circle on any jump ball until the ball has been tapped.

(5) Acting in any manner which interferes with the progress of the game.

SEC. 2.—Talk to the officials (except as permitted in rule 5) or use any other unsportsmanlike tactics.

SEC. 3. Enter or leave the court, except as authorized.

SEC. 4. Go on the court as a substitute until he has reported to the scorers and an official has signaled him to enter. He shall not participate in the game until he has reported to and been accepted by an official.

SEC. 5. Enter the game after leaving it three times or after being disqualified.

Penalty (secs. 1, 2, 3, 4, 5): Free trial for goal and for infraction of section 5, player disqualified. If two or more substitutes of the same team go on the court at the same time without reporting to the scorers, or official, only one foul shall be called, this being charged to the captain.

SEC. 6. Change his number during the game without reporting the change to the scorers and referee.

Penalty (sec. 6): The player shall be disqualified for the rest of the game, and a free throw awarded.

b. Conduct of coaches.—**SEC. 7.** A coach shall neither coach nor address remarks to the players in the game.

SEC. 8. A coach shall not address remarks to an official during the progress of the game, nor shall he go on the court, except with the approval of an official, to attend an injured player.

Penalty (secs. 7, 8): It shall be obligatory for the officials to call a technical foul and charge it against the captain of the offending team for infraction of these sections. If the offense is repeated, the officials shall order the offender from the vicinity of the court, and may forfeit the game to the opponents if the order is not obeyed.

c. Personal foul.—A player shall not—

SEC. 9. Hold, trip, charge, or push an opponent, whether or not either player has possession of the ball. If a dribbler charges into an opponent, or makes personal contact with an opponent, without an apparent effort to avoid such contact, it is a personal foul. If, despite the dribbler's efforts to avoid contact, personal contact ensues, either player, or both, may be guilty; but the greater responsibility is on the dribbler if he tries to dribble by an opponent who is in his path.

SEC. 10. Block an opponent.

SEC. 11. Use unnecessary roughness.

SEC. 12. Interfere in any way with his opponent when the ball is tossed up between them.

Penalty (secs. 9, 10, 11, 12).—*a.* Two free throws if committed on a player who is in the act of throwing for goal, provided the field goal is missed. If the field goal is made it counts, in which case only one free throw shall be awarded except that if such player is roughly handled, or is deliberately fouled or is fouled in the rear by an opponent who does not have a reasonable chance to reach the ball without personal contact, two free throws shall be awarded whether the goal is made or missed.

b. One free throw for goal when foul is committed under conditions other than those specified in *a*, and an additional free throw shall be awarded if the foul involves unsportsmanlike conduct. This extra free throw shall be awarded for any deliberate foul, such as one to prevent a player from getting into position to score, or one against a teammate of such player, or one committed for the purpose of getting the ball from opponents.

c. If two or more personal fouls are committed against a player, whether or not the player is in the act of throwing for goal, one free throw shall be awarded for each foul and a personal foul shall be charged to each offender.

d. In *a*, *b*, or *c*, at the request of the captain, the offended team may waive the free throw and elect to have the ball put in play from out of bounds at midcourt by any player of that team. In case of a multiple throw this option applies to the last free throw only. It does not apply to a double foul.

e. Officials must disqualify a player for any flagrantly unsportsmanlike infraction of sections 9, 10, 11, or 12.

f. In any of the foregoing cases the offender shall be charged with one personal foul. A player who has made four personal fouls is automatically disqualified and shall be required to leave the game. This provision for disqualification shall not be set aside under any consideration, but shall be strictly enforced.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description	1
Shooting	2
Passing	3
Dribbling	4
Pivoting	5
Guarding	6

1. General description.—Basketball is played in a rectangular court with an elevated iron ring or goal (basket) at each end, two teams of five players each attempting to toss an inflated leather ball through their own goal, advancing the ball by passing it to another teammate or advancing with the ball while bouncing (dribbling) it.

2. Shooting.—*a.* In the chest or push shot the ball is held with the hands placed on opposite sides and the fingers fully extended, about

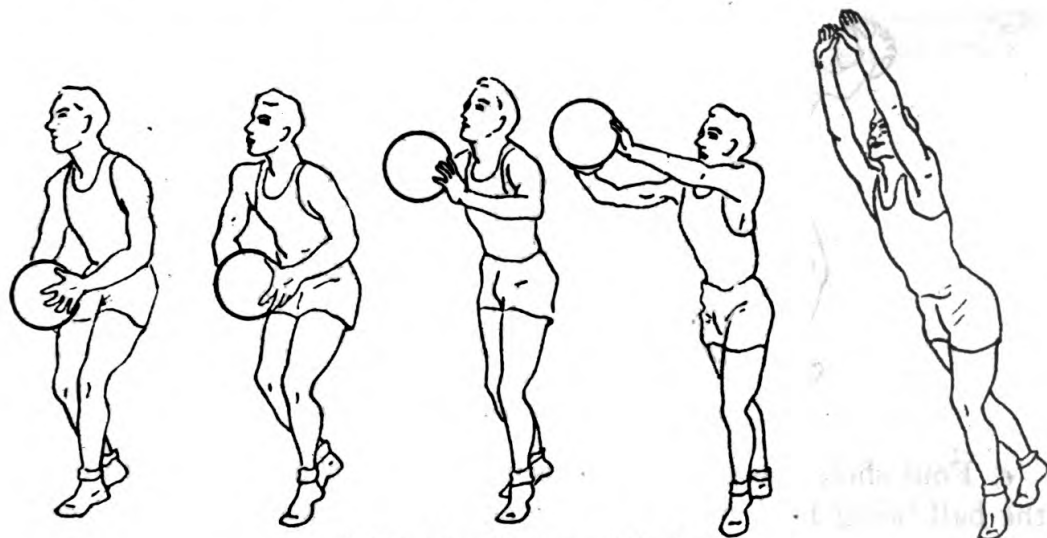


FIGURE 11.—Chest or push shot.

chest high, with the elbows close to the side; it is then brought down to the waist, with the knees slightly bent, then back up to face height where it is released with a wrist and finger snap, a forward and upward push, and a straightening of the knees. The arms follow through until fully extended, the palms facing upward and outward toward the basket at the finish of the shot. Sometimes a short jump is included in the follow-through. The ball is generally aimed so that it will drop into the center of the basket and not touch the backboard.

b. The one-handed shot is generally made after a dribble or after receiving a pass while running under the basket. The player leaps

into the air holding the ball with both hands until it is chest high, where he removes one hand and leaves the ball balanced on the fingers of the other with the palm up; at the crest of the jump the ball is pushed toward the basket with a wrist and finger snap. When the shot is from either side, the ball is banked against the backboard; when the shot is from directly in front, the ball is dropped over the front rim of the basket, and usually gently eased over the rim if at the end of a fast dribble.

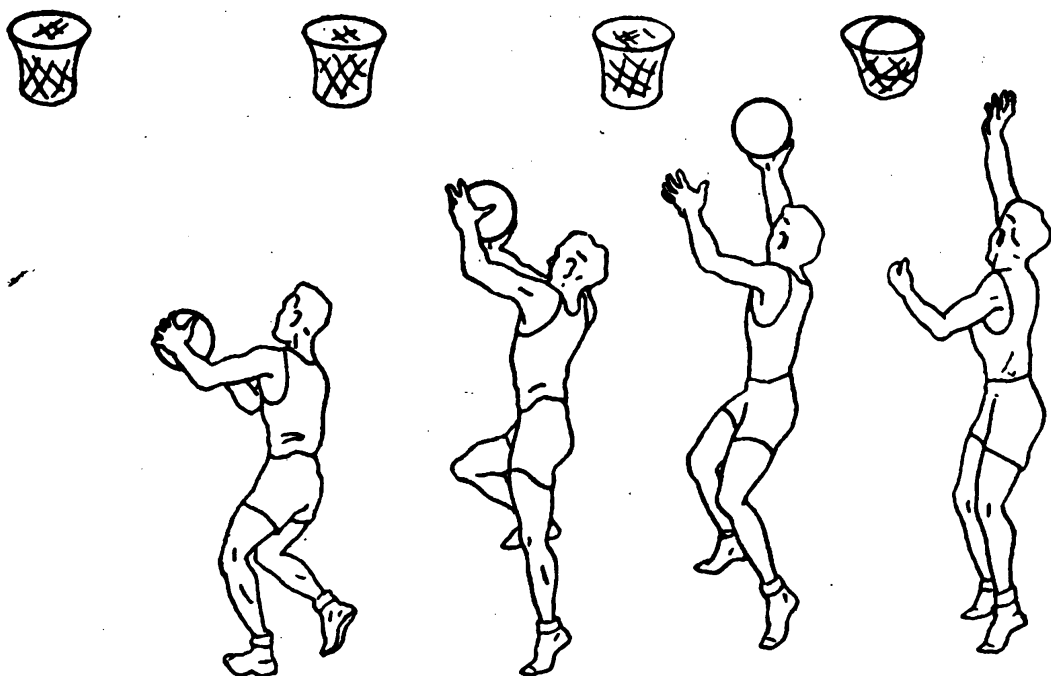


FIGURE 12.—One-handed push shot.

c. Foul shots are generally executed with an underhand pull shot, the ball being held similar to the chest shots except that the second and third fingers give it the required forward and upward motion, the follow-through being less forward than in the chest shot. The aim is just over the front of the rim.

3. Passing.—*a.* The two-handed chest or push pass is executed the same as the shot of the same name except that the ball is pushed toward a player instead of the basket. The one-handed overhand or over-the-shoulder pass is executed with a throw similar to that of a baseball catcher, the left hand being extended forward for balance and protection prior to the throw; the right hand is held squarely behind the ball, and a forward step is taken as the pass is thrown, the follow-through being in direct line with the pass.

b. The two-handed underhand pass is a simple underhand toss, generally used after a stop or pivot; the ball leaves the hands at

hip height, a wrist and finger snap being used as the arms are extended. The one-handed underhand pass is executed similarly to the two-handed pass except that at the time the pass is delivered only one hand is on the ball, holding it near the bottom and slightly

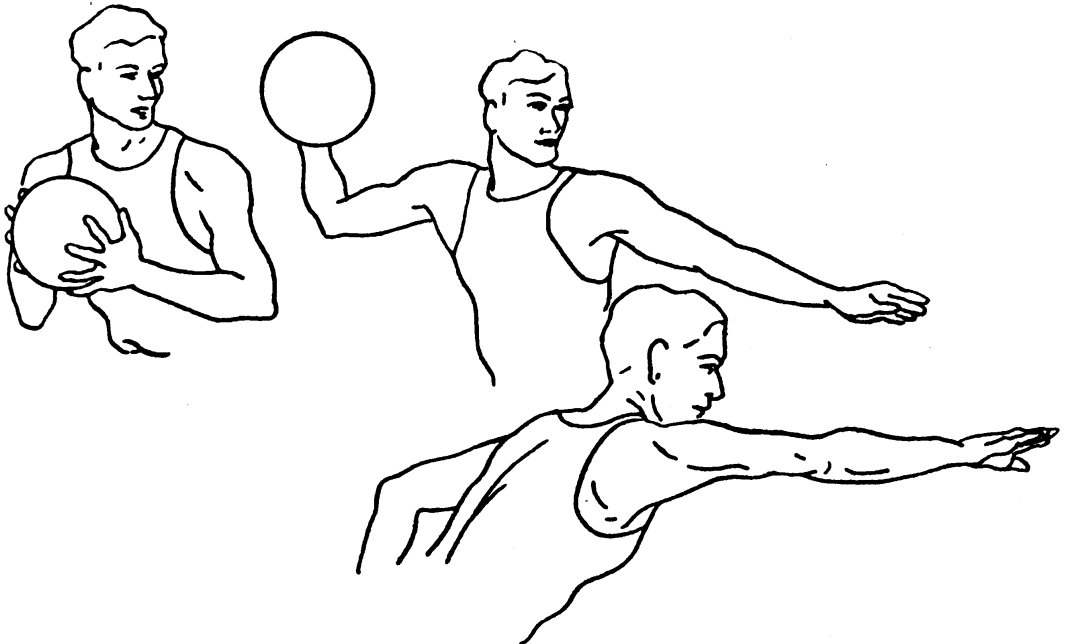


FIGURE 13.—One-handed overhand or over shoulder pass

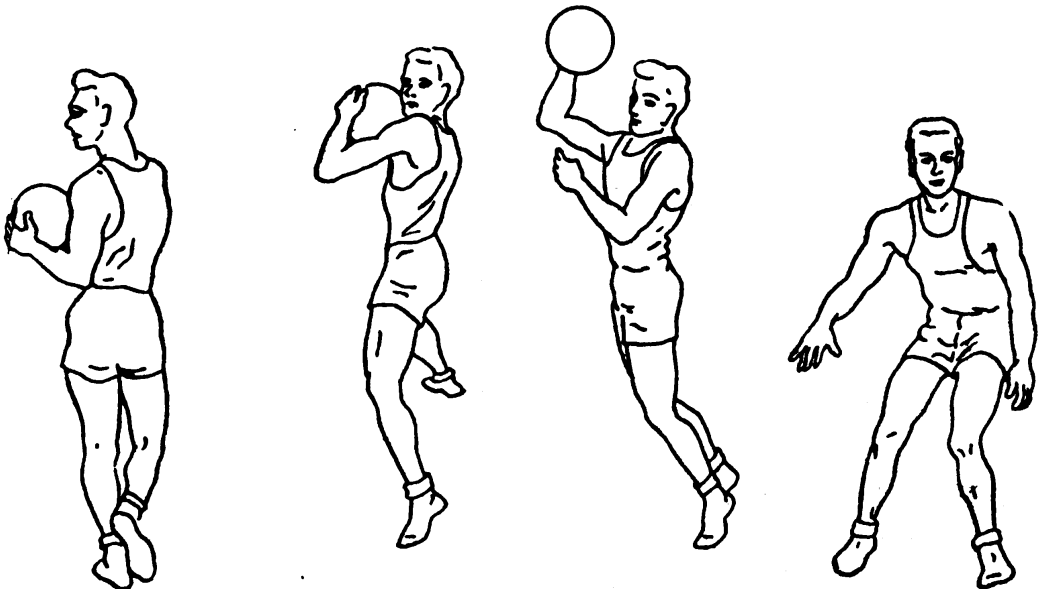


FIGURE 14.—Hook pass.

in back. The bounce pass may be executed with either hand or both, the ball being thrown in the direction of another player but bounced on the floor instead of tossed in the air, spin (English) sometimes being put on the ball to change the direction of the pass.

c. The hook pass used to avoid a crowding opponent is generally executed by stepping away from the direction in which the pass is

to be thrown, then jumping into the air from one foot, twisting the body back in the direction of the pass while in the air, and passing over the head and opposite shoulder at the same time with one hand.

4. Dribbling.—Dribbling is executed by bouncing the ball about an arm's length in front of the body and about knee high as the player advances, the body being bent forward in a crouch, the hand being on top of the ball and pushing it toward the floor with a slight wrist action. It is also very effective when used after a feint.

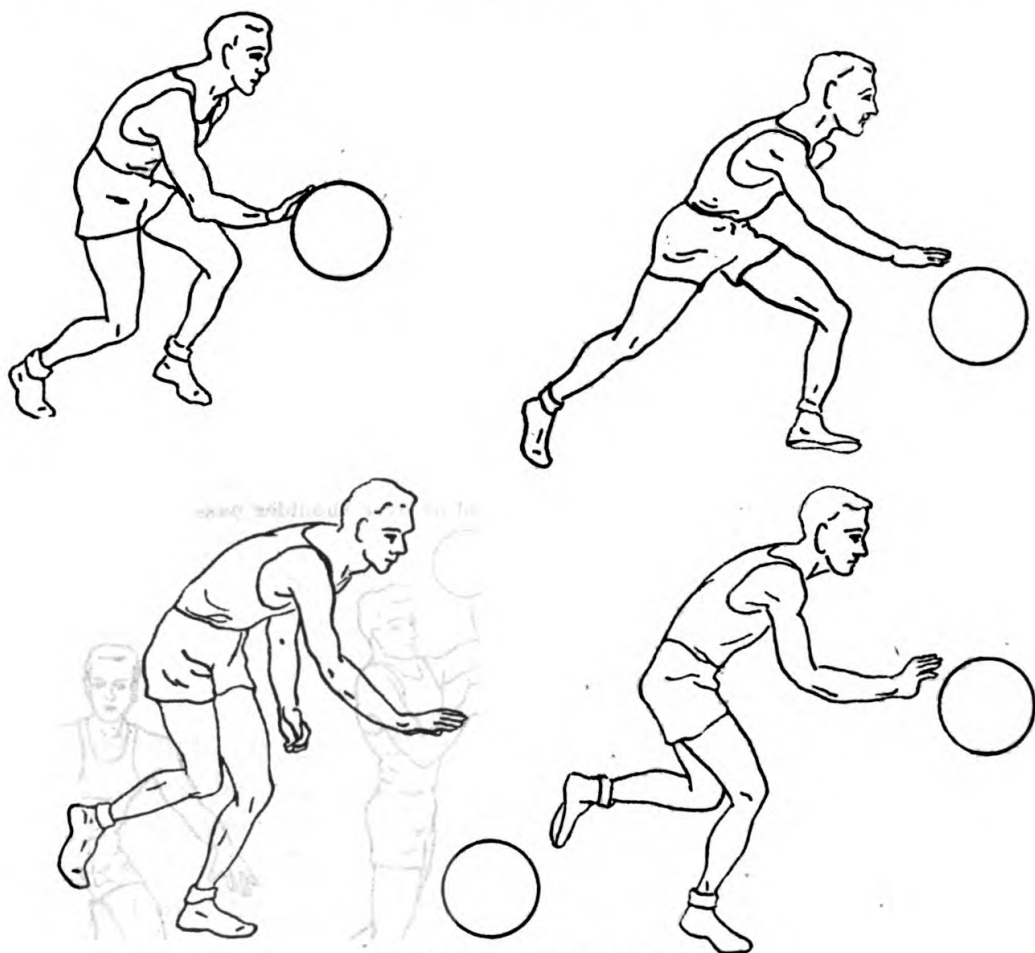


FIGURE 15.—Dribbling.

5. Pivoting.—Pivoting is used to elude an opponent when a player has the ball. A forward pivot is executed by keeping one foot in contact with the floor and rotating the other forward and across the first foot in a semicircle. A reverse pivot is executed by keeping one foot in contact with the floor and rotating the other backwards in a semicircle.

6. Guarding.—The guard should always stay between his opponent and the basket, whether or not the opponent has the ball, keeping his eyes both on the opponent and the ball.

SPORTS AND GAMES

RULE CHANGES

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CHAPTER 5

BOWLING

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES

Rule 13.—Two alleys immediately adjoining each other shall be used in all games of league or tournament play, and the bowling of the 10 complete frames on the pair of alleys on which the game was started shall constitute an official game.

The members of the contesting teams shall successively and in regular order bowl one frame on one alley, and for the next frame alternate and use the other alley, so alternating each frame until the game is completed. Each player shall bowl two balls in every frame, except where he shall make a strike.

No pins may be conceded and only those actually knocked down may be counted. Every frame must be completed at the time the player is bowling in his regular order.

When a player shall make a strike in the tenth frame, he shall then be permitted to bowl two more balls on the same alley. When a player shall make a spare in the tenth frame, he shall be permitted to bowl one more ball on the same alley.

In case of a tie game, each team shall bowl one complete frame on the same alley on which its tenth frame was bowled, bowling and scoring said extra frame in exactly the same manner as the tenth frame. If, at the completion of the first extra frame, a tie still exists, teams are to change alleys for each additional frame that may be required to determine the winner.

Rule 14.—A foul occurs when the bowler permits any part of his foot, hand, or arm while it is in contact with the alleys or runway, to rest upon or extend beyond the foul line, or if he permits any part of his body to come in contact with the alleys, gutters, division boards, wall, or uprights that are on or beyond the foul line, at any time after the ball leaves the bowler's hands and passes over or beyond the foul line.

Rule 15.—No count shall be made on a foul ball, and any pins which are knocked down or displaced thereby shall at once be respotted. A foul ball shall count as a ball bowled by the player.

Rule 16.—Pins which are knocked down or displaced by a ball which leaves the alley before reaching the pins, or from a ball rebounding from the rear cushions, do not count, and they shall be immediately respotted, and the removal or interference with pins by pin boy before they stop rolling shall be cause for umpire to order pins respotted.

Rule 17.—Every ball delivered, unless it be declared a dead ball by the umpire, shall be counted against the player.

If, when rolling at a full frame, it is discovered after the ball has been delivered that one or more pins are misplaced, the ball and resulting pin-fall shall be counted. It is the duty of the player to look at the pins before bowling, and if the set-up is not satisfactory he should request that they be respotted.

Rule 18.—Pins which are knocked down by another pin rebounding in the play from the side partition or rear cushion are counted as pins down, except where pins come in contact with the body, arms, or legs of a pin boy and rebound. Pins which are bowled off the alley bed, rebound, and remain standing on the alley, must be counted as pins standing.

Rule 20.—Should a player by mistake bowl on the wrong alley, or out of his turn, or be interfered with in his play by another bowler or spectator, or should any of the pins at which he is playing be displaced or knocked down in any manner before his delivered ball reaches the pins, or should his ball come in contact with any foreign obstacle on the alleys, then the ball so delivered by him shall immediately be called a dead ball by the umpire, and such ball shall not count, and shall be immediately rebowled by the player after the cause for declaring such dead ball has been removed.

Rule 25.—A strike is made when the player bowls down the 10 pins with his first ball delivered in any frame, and is credited and designated in the score by an X in the upper right-hand corner of the frame, and the count in each frame is left open until the player shall have bowled his next 2 balls, when all pins made, counting 10 for a strike, shall be credited therein.

Rule 26.—A spare is made when a player bowls down all the pins with his second ball in any frame, and is credited and designated with a / in the upper right-hand corner of the frame in which it is made. The count in such frame is left open until such player shall bowl his

next ball in the succeeding frame, when the number of pins knocked down thereby shall be added to the 10 represented by his spare, and the total shall be credited therein.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Grip.....	2
Stance.....	3
Footwork.....	4
Delivery.....	5
Bowling for spares.....	6

1. General description.—In bowling, 10 wooden pins are set in triangular position at the far end of a wooden runway called an alley. The bowler is allowed to roll 2 balls at the pins in an attempt to knock down as many as he can. In case all the pins are knocked down by the bowler's first ball, the result is called a strike and it is not necessary to roll the second ball. If, however, some of the pins are left standing, then it is necessary for the bowler to roll his second ball in an attempt to knock down all the pins. If successful, the result is a spare. Each try of 2 balls is called a frame and 10 frames constitute a game. In scoring a game the bowler records the results for each frame, and the running total for the 10 frames is the final score. In each frame the total of pins knocked down in the respective two tries is recorded except when a strike or spare is made. In the case of a strike, the score for the frame is 10 plus the count of the 2 balls in the next frame; if a spare is recorded, then the score for the frame is 10 plus the count of the first ball rolled in the succeeding frame.

2. Grip.—It is a matter of preference whether two- or three-fingered grip is used. There are champion bowlers who use the two-fingered grip and champions who use three fingers. Among the younger bowlers, however, the three-fingered ball is the favorite. It can be handled easier in throwing the popular hook ball and it produces less strain on the wrist. The right hand grips the ball firmly, the thumb facing the left. When the ball is released the thumb should come out of the hole first, followed by the fingers.

3. Stance.—Prior to throwing, the bowler stands erect or slightly crouched about 12 to 15 feet back of the foul line. He faces the pins. The left foot is usually slightly in advance of the right. The ball is held in the right hand, waist high (by some bowlers higher), and its weight is rested for the most part on the left hand.

4. Footwork.—The bowler now confronts that important feature of all games—footwork and rhythm. He has the choice of three, four, or five steps before delivering the ball. There are good bowlers for each style. Probably more bowlers use the four-step style, however, than any other. The bowler should experiment until he finds the number of steps that fit him best. This done, he is ready to synchronize his footwork with the arm movements in delivering the ball. The result is proper timing.

5. Delivery.—*a. Approach to foul line.*—Assuming that the bowler has mastered his footwork, he takes his stance, already described, and is ready to deliver the ball. The movements in general fall into four phases: first, the push-away; second, the back swing; third, the forward swing; and fourth, the release of the ball. The bowler starts his progress toward the foul line by pushing the ball away from his waist so that it is extended outward chest high. During this maneuver he takes a step forward with the right foot (if using the four-step delivery). The push-away places the ball forward about shoulder high and the weight then assists in making the backward arc that is the next phase of the series of movements. In describing this arc, the ball should not be carried too far backward at the finish—waist high is usually preferred. Then the ball has momentum from its pendulum-like swing and comes forward smoothly for the release and follow-through.

b. Release.—The timing should be perfected so that the ball is coming forward just as the last step is being taken. By sufficient practice the whole series of arm movements and of steps can be coordinated into a graceful, rhythmic performance. The performer starts slowly, then accelerates toward the end. The ball strikes the alley about 12 to 14 inches beyond the foul line.

c. Follow-through.—At the finish of the throw the player's left foot will be in front, the right foot balanced as a rudder behind, and the arm extended outward and upward in the follow-through that is so important in all sports. He should practice to make the finish of the approach an easy sliding glide that regularly stops about 3 inches short of the foul line. The bowler's posture at the finish should be easy and relaxed, with the bend at the knees and not at the hips.

d. Styles of delivery.—The techniques employed above are common to all styles of delivery. The bowler now, however, is confronted with the choice of straight ball, back-up, or hook delivery. The straight ball is easiest for the beginner. For this throw, the thumb is placed in a straight forward position on top of the ball so that it

will roll in a straight line. The line of aim is in the direction of the 1-3 pocket. The common approach is from the right corner of the alley so that the ball is directed in a diagonal cross-alley flight. The back-up ball is almost obsolete in strike bowling today. To use it, the bowler turns the thumb to the right on the release. The wrist gives an outward or fade-away motion so that the palm turns upward. The ball, therefore, fades to the right as it nears the pins and the aim, therefore, should be at the No. 2 pin so that the hit will be in the 1-2 pocket. The hook ball is the most effective of all styles in producing strikes. This style is universal with high-scoring teams. The technique is as follows: The ball is released with the thumb facing the left and with the wrist given a turn as the ball is released so that the back of the hand is uppermost. It is important that the thumb leave the ball first and the fingers last. The ball then rolls with a forward motion and veers in sharply toward the left as it nears the pins. The sight is usually on the No. 3 pin. By coming in on the 1-3 pocket at such a sideward angle the pins are effectively swept off the alleys. This delivery produces strikes from many thin hits on the head pin, which with a different style of delivery would leave single pins or even splits remaining. There is no doubt about the effectiveness of the hook ball. Its only drawback is the amount of practice entailed in order to master it. For that reason, many excellent bowlers who can only bowl occasionally stick to the straight ball.

6. Bowling for spares.—Spare bowling is an art. It requires both confidence and accuracy. As a general rule, the axiom of angle shooting is sound; in other words, the bowler should assume a position on the opposite side of the alley from that on which the remaining pins are standing. If, for example, the 10-pin is standing, or any cluster of pins on the right, the bowler should stand on the left side of the alley and roll the ball diagonally toward the right corner. The opposite directions apply for any pins left standing on the left side of the alley. Then the bowler should stand on the right and roll toward the left corner. There are many combinations of pins to be picked up as spares and after the bowler has had a certain amount of experience he will quickly recognize the best ways in which these shots can be made.

CHAPTER 6

BOXING

Paragraphs

SECTION I. Abridged rules (intercollegiate).

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES (INTERCOLLEGIATE)

Rule 3. Ring during contest.—SECTION 1. During the progress of a contest the ring shall be cleared of all chairs, buckets, etc.

SEC. 2. No person other than the contestants and the referee shall during the progress of a contest enter or be in the ring. Penalty for violating this section is disqualification of the contestant benefited by such an act.

Rule 4. Boxing gloves.—SECTION 2. *Gloves.*—The gloves must not be broken in the region of the knuckles prior to a bout or contest. Any contestant or individual found guilty of violating this section will be considered to have committed an offense sufficiently grave to cause the referee, if in his judgment the evidence so warrants, to award the bout to the offended contestant.

SEC. 3. *Bandages.*—In wrapping the hands, the bandage shall not extend more than 1 inch beyond the knuckles. To help hold it in place, it may be passed between the fingers, but not more than twice. Bandages must be made of standard gauze material. Not more than 10 yards shall be applied to either hand. The use of adhesive or other heavy material is illegal.

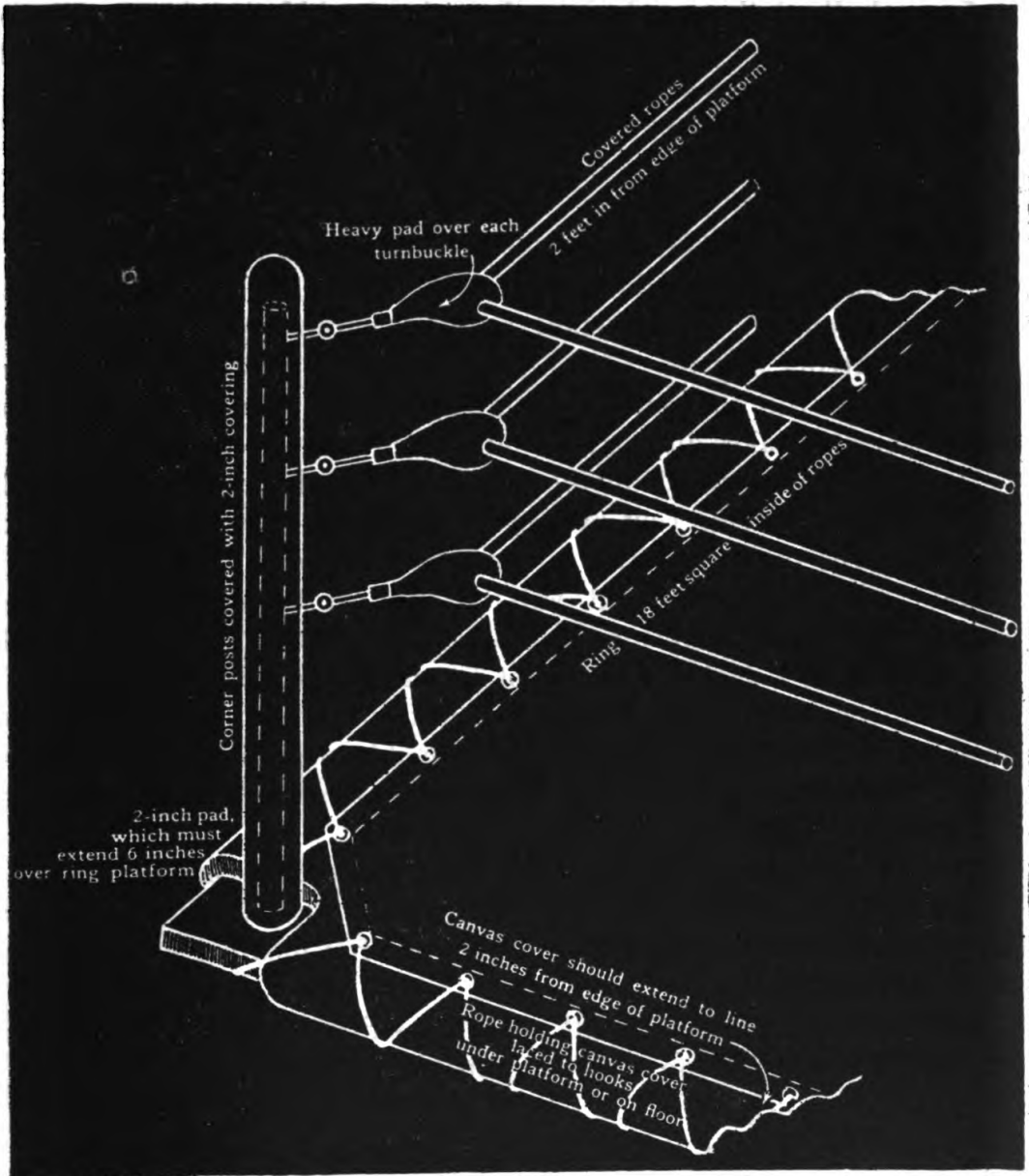
Rule 6. Rounds.—SECTION 1. *Number and time limit of bouts and rounds.*—A boxing contest or exhibition shall be limited to three rounds.

A round shall be of 2 minutes' duration, with an intermission of 1 minute between rounds for rest.

Rule 7. Officials and duties of officials.—SECTION 1. *Officials.*—The officials shall be a referee, two judges, two timekeepers, and one or two medical officers.

SEC. 2. *Duties of referee—decision of judges final.*—The referee shall have general supervision over the match or contest. He must give his instructions to the boxers in such a manner that they are clearly understood by both men. His primary duty shall be the strict enforcement of the rules of boxing and of fair play. The

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- Ring to be 18 feet square inside of ropes.
 Floor of ring to be covered with 2-inch pad, which is to extend 6 inches over edge of ring platform.
 Canvas cover over pad should extend 2 inches from edge of platform.
 Corner posts to be padded with 2-inch covering.
 Ropes to be 2 feet in from edge of platform.
 Heavy pads to cover each turnbuckle.
 Ropes to be covered. First rope to be 24 inches from floor; second rope, 36 inches; third rope, 48 inches.

FIGURE 16.—Instructions for erecting regulation ring for college boxing.

referee shall, at the conclusion of the bout, abide by the decision of the judges, in every case, if both agree; that is, if both vote for the same man, or if both vote draw.

SEC. 3. The referee shall have the power—

a. To cast the deciding vote when the decision of the judges has been divided.

b. To stop a bout or contest at any stage and make a decision if he considers it too one-sided.

c. To disqualify a contestant with or without previous warning for committing any one of the fouls noted in rule 14. The referee shall notify the contestants, judges, and announcer of any point deductions he makes during a round for rule infractions.

Any injury sustained during the contest shall be examined at the request of the referee (cut over eye, nose, etc.). The medical officer's decision will determine the continuation of the contest. (No contestant who is knocked out will be handled by seconds or others except under the direction of the medical officer in charge.) The medical officer's decision shall not be subject to any appeal by officials or coaches. It is, therefore, most important that a qualified medical man be chosen for this responsible position as medical adviser. After the meet is over, all contestants shall be reexamined by the medical officer.

Rule 8. Medical examination, weighing-in.—SECTION 1. *Medical examination.*—Contestants shall present themselves promptly to the medical officer at the time appointed for medical examinations and weighing-in.

SEC. 2. Competitions in all championships and dual meets must be held in the following eight weights and classes:

<i>Class</i>	<i>Weight</i>
Bantamweight -----	120 lb.
Featherweight -----	127 lb.
Lightweight -----	135 lb.
Welterweight -----	145 lb.
Senior-welterweight -----	155 lb.
Middleweight -----	165 lb.
Light-heavyweight -----	175 lb.
Unlimited -----	over 175 lb.

SEC. 3. No overweight is allowed in any class except unlimited, which does not have a top limit.

SEC. 4. No contestant may compete in a class unless his weight is greater than the maximum limit for the class below and no greater than the maximum limit for the class in which he desires to compete.

For example: A man in order to qualify to compete in the 135-pound class must weigh over 127 pounds and not over 135 pounds.

RULE 10. Seconds.—SECTION 1. *Seconds.*—Each contestant may be assisted by two seconds. The boxing coach may talk with his boxer between the rounds of a bout, but he must not assume the duties of a second or direct any remarks at the officials. He shall return to his seat at the first sound of the warning signal that the next round is coming up.

SEC. 2. Warning to seconds.—Neither the seconds nor the coach are permitted to speak, signal, nor in any way coach their representative who is in the ring during the progress of a round; nor may they claim time, nor attempt in any way to influence the officials in their decisions. The referee may deduct points for any violation of this section.

SEC. 3. Limitations of seconds.—The seconds and coaches must remain seated during the progress of a round.

Neither the seconds nor the coaches shall enter the ring until the timers indicate the termination of a bout. They may, upon a request by the referee, enter the ring to assist an injured contestant. They shall not be in the ring at any time between rounds.

SEC. 4. Any violation of the foregoing provision may render a principal liable to disqualification by the referee.

RULE 11. Scoring.—SECTION 1. *Maximum of 10 points.*—Ten points shall be allotted to the winner of each round. The loser in each round shall be allotted any number of points below 10.

RULE 12. Point allotment.—SECTION 1. *Point allotment for each round.*—Points shall be given for attack and defense.

SEC. 2. Attack.—Attack shall cover the following points:

- a. Clean and effective hits.
- b. Aggressive action.
- c. Well delivered partial hits.

SEC. 3. Defense.—Defense shall cover:

- a. Blocking and parrying.
- b. Making opponent miss and counterattacking.
- c. Balance and counterattack.

SEC. 4. Points for generalship.—Points shall be given for generalship.

NOTE.—When the points are otherwise equal, the decision should be in favor of the boxer who displays the best generalship and style. The term "generalship" shall indicate the development of natural advantages, coupled with intuition and the ability to grasp quickly the advantages of any opening given by an opponent.

SEC. 5. Points for aggressiveness.—Points shall be given for “aggressiveness.”

NOTE.—Indicating willingness of contestant to consistently press aggressively forward with due regard for his own protection.

SEC. 6. Points shall be deducted for major infraction of rules. They may be deducted for minor infractions.

Rule 13. Points deducted.—**SECTION 1.** Points shall be deducted for—

a. Hitting in a clinch.

NOTE.—It is a clinch when both men are holding with either or both hands.

b. For failing to step back and break clean after a clinch. The referee shall insist that each boxer step back one full step when he gives the command to break.

c. Hitting while holding opponent.

SEC. 2. Points may be deducted for covering up with hands so that the opponent is not in a position to hit.

SEC. 3. Points shall be deducted for all infractions of rules listed in rule 14, whether indicated or overlooked by the referee, when disqualification is not imposed.

Rule 14. Fouls.—**SECTION 1.** The referee shall immediately disqualify a contestant and award the decision to the opponent for deliberately or willfully committing the following fouls:

a. Deliberately hitting below the belt.

b. The use of abusive or insulting language.

c. Hitting an opponent who is down or who is rising after being down.

d. Failure to obey the referee.

e. Any physical actions which may injure a contestant except by fair sportsmanlike boxing.

SEC. 2. *The referee may disqualify a contestant and award the decision to the opponent for deliberately or willfully committing the following fouls:*

a. Deliberately holding an opponent with one hand and hitting with the other.

b. Deliberately holding an opponent or maintaining a clinch.

c. Continually failing to step back promptly a full step and break clean from a clinch when ordered.

d. Deliberately pushing or butting with the head or shoulder, or using the knee.

e. Deliberately hitting or “flicking” with the open glove.

f. Deliberately hitting with the inside or butt of the hand, wrist, or elbow.

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- g. Deliberately wrestling or roughing at the ropes.
- h. Striking deliberately at the part of the body over the kidneys.
- i. Delivering a clubbing blow at the back of the neck ("rabbit punch").
- j. Coaching or advice to a contestant from his coach or seconds during a round.

Rule 15. "Down."—SECTION 1. A contestant shall be deemed "down" when—

- a. Any part of his body other than his feet is on the ring floor.
- b. He is hanging helplessly over the ropes.
- c. He is outside of or between the ropes.
- d. He is rising from a "down" position.

SEC. 2. *Rules for contestant when opponent is "down"*.—When a contestant is "down," his opponent shall retire to a far corner and shall not resume boxing until ordered to do so by the referee.

Rule 16. Termination of bout.—SECTION 1. The round and bout shall be terminated when a "down" contestant fails to resume boxing at the expiration of 10 seconds, and the referee announces decision.

SEC. 2. *Method of naming the winner.*—At the end of each contest the two judges and the referee each separately shall add up the points allotted by them to each contestant in the three rounds and write their decision on the slip. These slips are handed to the announcer, who states to the referee the decision of the judges. The referee then makes the final decision to the announcer, based upon his own opinion and that of the judges, in accordance with the provisions in section 3a, rule 7. In meets in which more than two institutions are competing, the referee must decide in favor of one or the other contestant and must not declare a draw. After each bout, the slips are given to the announcer.

If judges are not employed, the referee adds up his score for each contestant for each of the three rounds. That contestant receiving the greater number of points wins the contest. If the points received by each contestant are equal the contest shall be declared a draw. When more than two institutions are competing, the referee must give a decision and cannot declare a draw.

SEC. 3. *Awarding bout when boxer is cut.*—If, in the progress of a bout, either or both contestants, as the result of a blow, a butt, or some other cause, should, during the first round, receive a cut sufficiently serious to compel the referee and/or a medical officer to stop the bout, the referee and judges should declare a draw. If the accident occurs in a tournament, a decision must be rendered. If the accident should occur in the second or third round, the referee and judges shall

award the bout to the contestant who is ahead on points at the time of the accident.

NOTE.—For purposes of clarity it is to be understood that when the time-keeper sounds the gong or bell indicating the end of a round, anything happening during the rest period is to be regarded as a part of the round just ended.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
On-guard position.....	2
Offensive blows.....	3
Defense movements.....	4
Counterattacking.....	5
Footwork.....	6

1. **General description.**—Boxing is a sport wherein two contestants face each other on a square area of padded canvas surrounded by cloth-covered ropes, called a ring, and strike at each other with



FIGURE 17.—On-guard position.

fists covered by padded gloves, during a specified number of equally timed rounds, the winner being determined at the end of the bout by a system of points, or during the bout by one contestant striking the other in such manner that the latter is unable to continue the contest for a period of 10 seconds during any one round.

2. **On-guard position.**—The boxing or on-guard position is the fundamental stance which boxers generally assume and from which

most blows start. It is a relaxed position in which a right-handed boxer stands with his left foot extended toward his opponent at a position 10 to 18 inches in front of his right, the toes pointed slightly in and the foot flat on the mat; the right foot is behind and several inches to the right of the left foot, and is pointed straight ahead with the heel slightly off the mat; the knees are slightly bent; the body faces to the right at a 45° angle, and is inclined forward with the weight resting evenly on both feet; the left arm is extended forward with the hand about 10 to 12 inches from the left shoulder and at about shoulder height, being clenched with the thumb covering the first joints of the first two fingers, the thumb knuckle being up and the other knuckles toward the outside, the elbows being down and close to the body; the right arm is only slightly extended, with the hand open and held about chin height in front and a little to the left of the right shoulder and in line with the left shoulder, the palm facing the opponent, and the elbow down and close to the body; the chin is held down against the breastbone, with the teeth clenched. The left-handed boxer takes a stance opposite to the foregoing, with the right hand and foot extended.

3. Offensive blows.—Fundamental offensive blows generally start from the on-guard position. Following the adage "a straight line is the shortest distance between two points," straight punching is usually the most effective, although knock-outs are generally accomplished with hooks because of the greater power in the swing.

a. The straight left to the head or left lead is the most common offensive blow, and is executed by vigorously extending the left arm from the on-guard position toward the chin or face of the opponent in a straight line, the body turning at the waist as the arm is extended, with the left hip and shoulder moving toward the opponent with the arm; the left foot is advanced toward the opponent with a sliding movement simultaneously with the arm, the body weight being thrown onto the ball of the left foot and into the punch, as the blow lands; the fist is clenched, with the palm down and the wrist straight as the blow is struck, the knuckles striking the opponent. Punching through instead of at the target gives added power to the punch. The left jab is a variation of the straight left to the head, being a light, stinging blow used to keep an opponent off balance; the left shoulder does not move as far forward in the lead, the arm is not as fully extended, and the weight does not move forward. To block left leads to the head the opponent generally moves his right hand with the glove open to a position slightly in front

of his face and turns his head a little to the right, catching the punch in the palm of the glove, or he may parry it or slip it.

b. The straight left to the body is executed similarly to the straight left to the head, except that the boxer bends at the waist as the left arm is extended, and the punch is generally aimed at the solar plexus. The head is held low and even with the left shoulder, the right

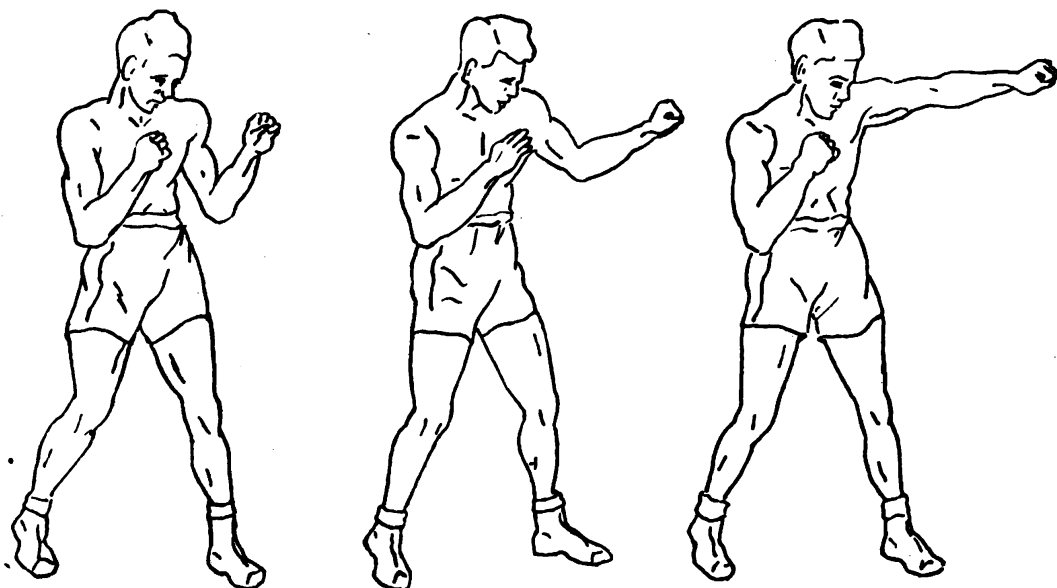


FIGURE 18.—Straight left to head.

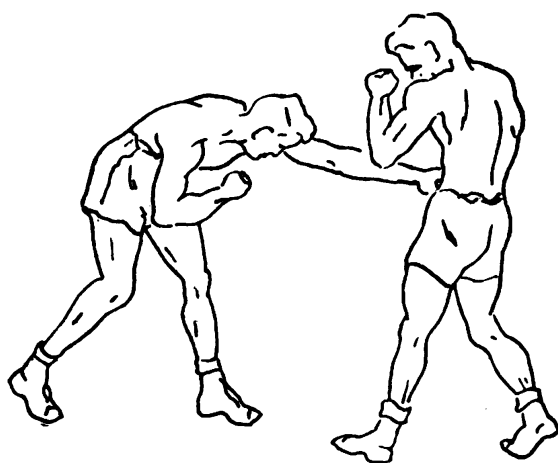


FIGURE 19.—Straight left to body.

arm being held close to the body with hand in front of the lower part of the face. To block this punch the right elbow may be used.

c. The straight right to the head, being essentially a counterblow, or a blow used in combination with the left jab or left hook, is used only when openings appear, and never as a lead; it is executed by using the same general form as in the straight left to the head, except that the body twists toward the left, the right arm is partly

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extended for the punch before the body starts to turn, and the right leg is straightened as the punch lands. The left leg may be bent slightly so as to maintain balance when the weight is shifted from the right leg to the left. The left arm is held in a guard position during the blow, with the elbow close to the body and the hand in front of the lower part of the face with the glove open and the palm out. The right cross, likewise essentially a counterpunch used to offset a left jab or a straight left, is a variation of this blow, the right arm moving at an angle instead of straight ahead. To block a straight right the opponent may use the open glove of the

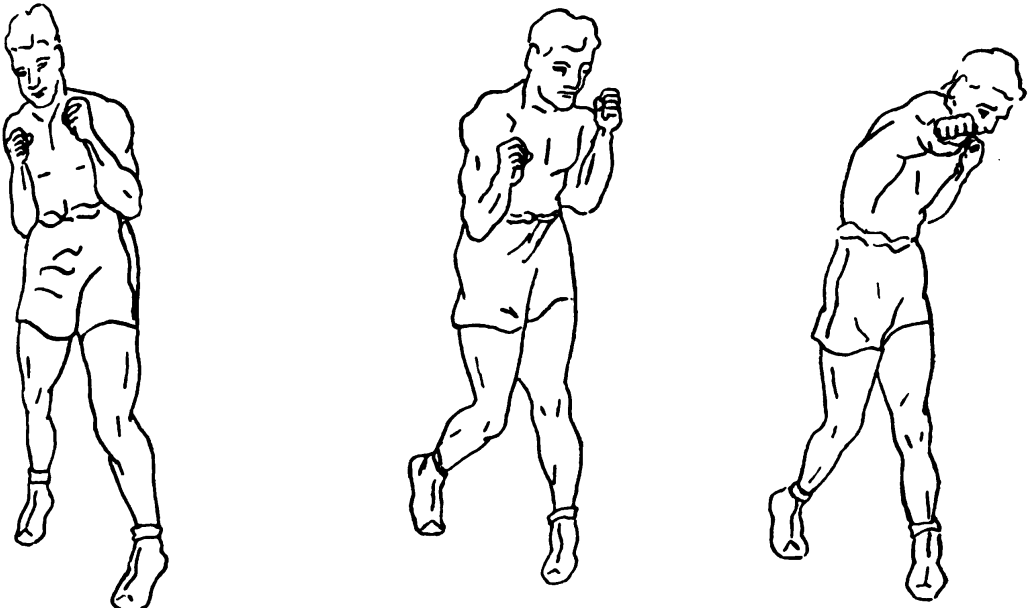


FIGURE 20.—Straight right.

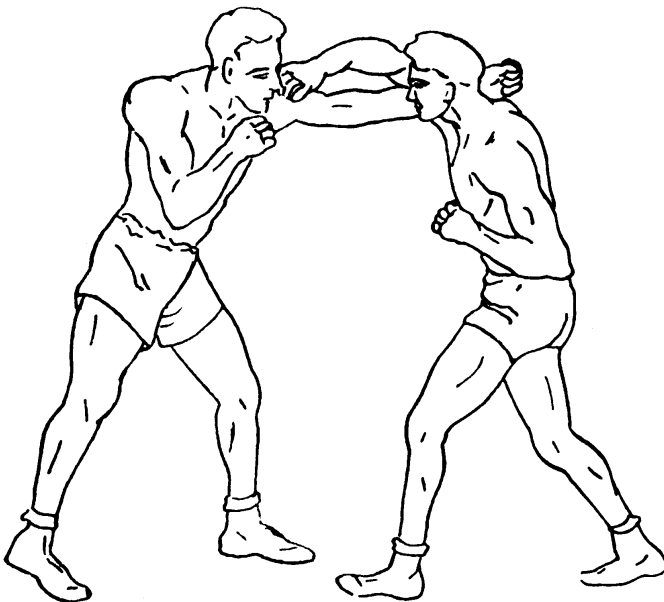


FIGURE 21.—Right cross.

right hand as in blocking a left lead, or may parry or slip the punch. Also he may reach out and "pick off" the punch with the open left glove and guide it away from the head.

d. The straight right to the body is executed by using the same general form as the straight left to the body, except that the body twists toward the left and the right arm is extended for the punch, the head being kept level with the right shoulder. The left arm is held close to the body with the elbow down and the glove open in front of the face, with the palm out. To block this punch the opponent may use his left elbow.

e. The left hook to the head is one of the most effective blows in boxing, resulting in numerous knock-outs. It is executed by turning the left hip and shoulder toward the right without moving the hand,

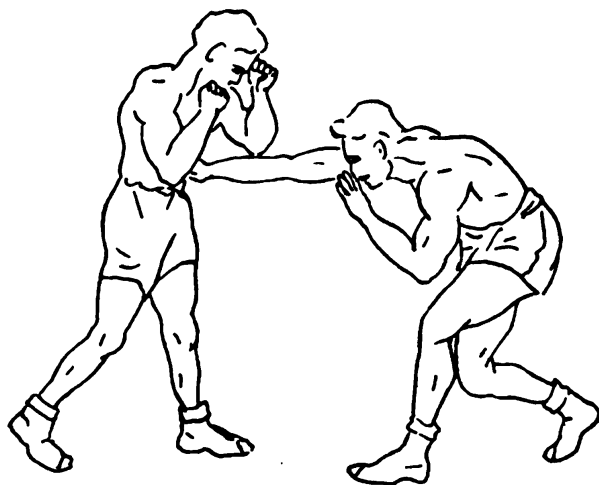


FIGURE 22.—Straight right to body.

and then whipping the hand and arm in a half circle toward the right shoulder and through the target, the weight shifting first to the left leg as the blow is struck and then to the right leg, the feet pivoting slightly and the toes pointing to the right at the finish of the blow; the thumb side of the hand faces up. To block this punch the opponent may use his right forearm, raising the right arm with the elbow down as the blow approaches and catching it on the wrist, forearm, or elbow, or he may duck out of the way of the punch.

f. The left hook to the body is executed with the same form as the left hook to the head, except that the hand is dropped several inches just as the punch starts. The right elbow block may be used by the opponent.

g. The right hook to the head is executed with the same general form as the left hook to the head, except that the right arm is used,

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with the body turning to the left, the feet pivoting to the left, and the weight moving to the left leg, the right leg being straightened as the blow is struck. When a right cross is delivered at an accentuated angle from the side, it becomes a right hook. To block this punch the opponent may use the glove of his hand with the palm facing the puncher and the head turned slightly to the right, or he may duck the punch.

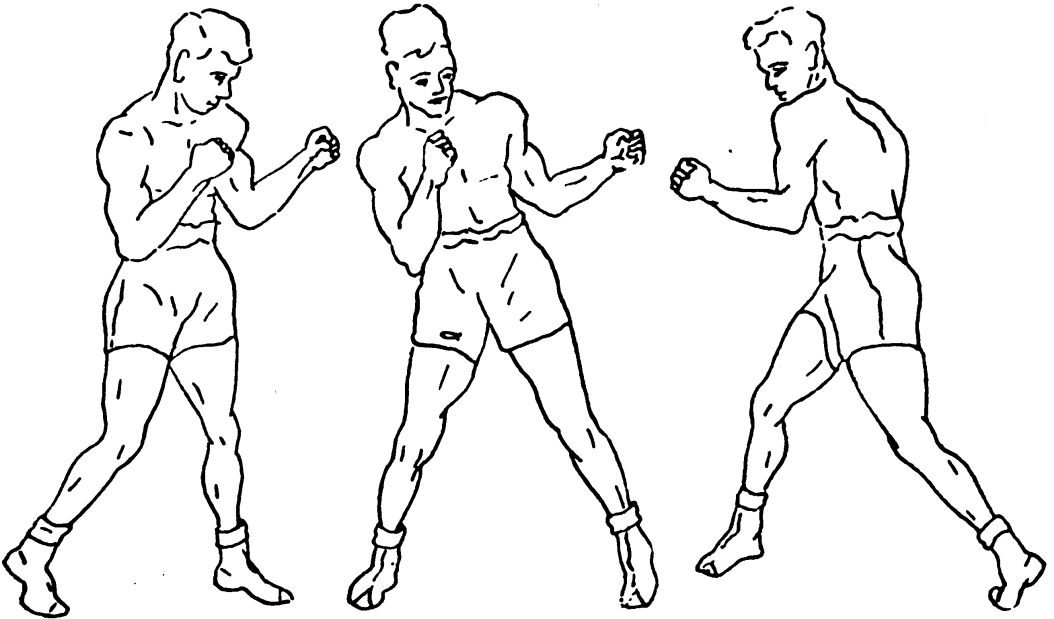


FIGURE 23.—Left hook.

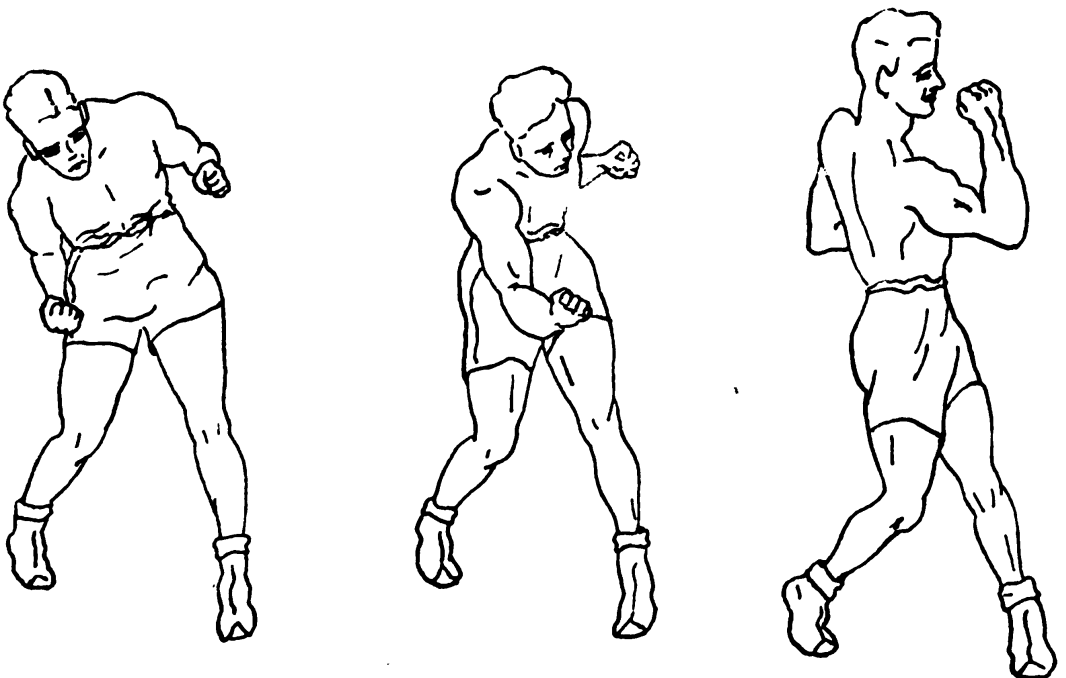


FIGURE 24.—Uppercut.

h. The right hook to the body is executed with the same form as the right hook to the head, except that the right hand is dropped several inches as the punch is started. The left elbow block may be used by the opponent.

i. The left uppercut is a close-range punch and is executed by dropping the left arm in a half-bent position until the forearm is parallel

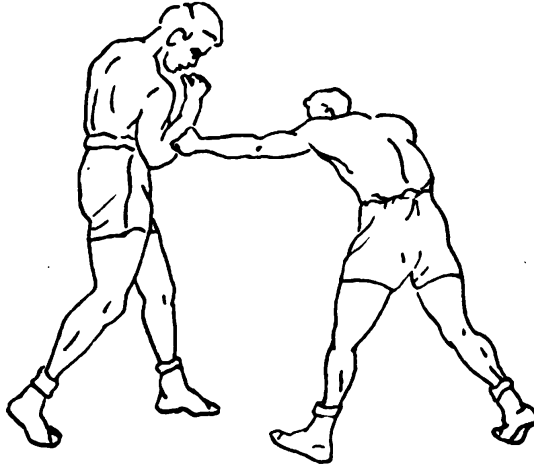


FIGURE 25.—Elbow block.

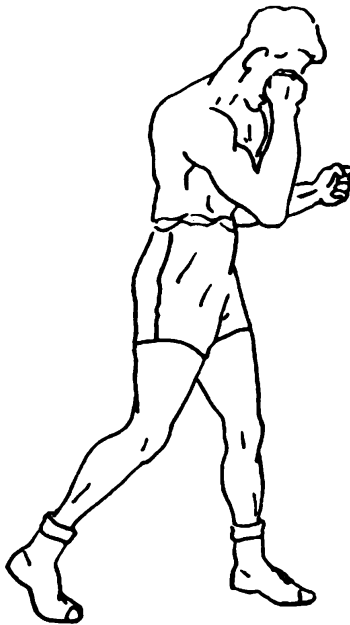


FIGURE 26.—Forearm block.

with the mat, with the palm up, bending the body forward at the time, then swinging the left arm forward and upward in a small semicircle with the shoulder and weight behind the swing. The aim may be either at the solar plexus or the chin.

j. The right uppercut is also a close-range punch, and is executed with the same form as the left uppercut, but with reversed positions of arms and shoulders, the right hand being used.

k. The feint is not an offensive blow, but is generally used to create an opening for an offensive blow. The usual feint is with the left leg and arm, although the whole body should enter into the feint, the leg being suddenly bent and the arm thrust forward a few inches either toward the opponent's head or body. The opponent usually shifts his guard to meet what he believes is an approaching blow, thus leaving an opening for a real punch to be delivered.

4. Defense movements.—The general methods of defense are usually one or a combination of a number of movements of the hands, feet, or body.

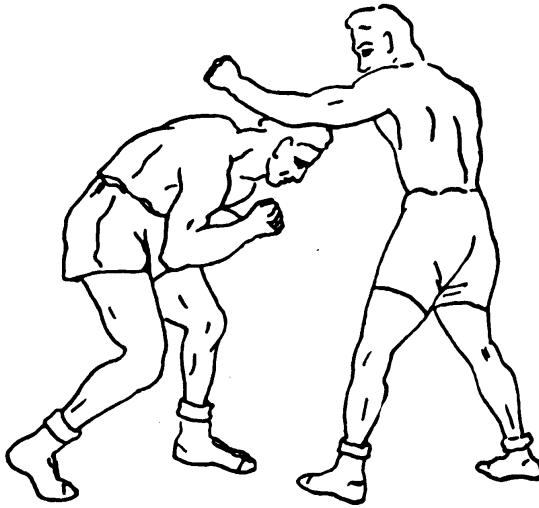


FIGURE 27.—Ducking.

a. Blocking, one of the most used of the defense tactics, is catching a punch with the open glove, arm, or elbow. It has been discussed with each of the offensive blows mentioned.

b. Parrying is deflecting the blow of an opponent with the hand, just before the blow lands; parrying always takes place close to the body, the most common parry being raising the right hand and deflecting a left lead away from the head. The parry may be inside or outside the arm that is to be deflected, depending on the direction of the blow.

c. Slipping is moving the body from one side to the other to avoid a blow without actually moving out of boxing range, the intended blow passing to the side of the boxer; it is commonly used against straight leads, and enables a boxer to counterpunch immediately thereafter.

d. Ducking is merely allowing the body to drop forward by bending at the waist and knees; it is used against hooks or swings to the head, and likewise enables the boxer to counterpunch immediately thereafter.

e. Weaving is similar to slipping and ducking, and is a circular movement of the head and upper part of the body, generally used to avoid a straight lead to the head and to enable the boxer to counterpunch immediately thereafter.

f. Clinching is grasping the opponent's arms and holding the opponent with the body close, the left hand generally grasping the inside of the opponent's right arm and the right hand grasping the opponent's left elbow with his glove held under the right armpit; it is generally used to gain a rest when hurt or tired.

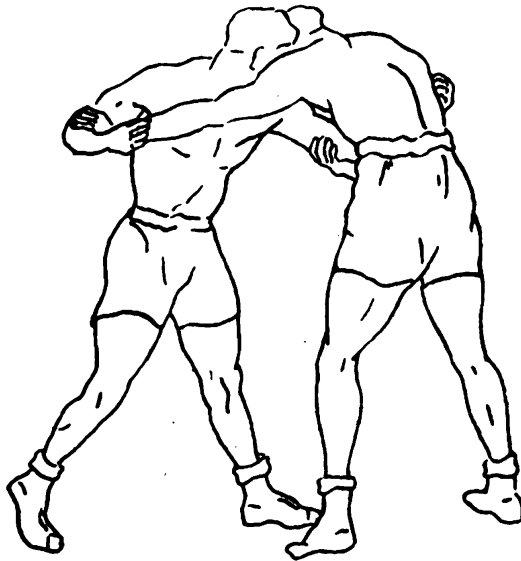


FIGURE 28. Clinching.

5. Counterattacking.—Counterpunching is nearly as important in the damage which may be done to an opponent as normal offensive leads. It is generally used after slipping, blocking, parrying, ducking, or other defensive movements, where the boxer who leads has left his defense open. Numerous counters can be used for every type of lead. A few of the counters in most common use, which are self-descriptive, are: the inside parry and left jab, the outside parry and left jab, the straight inside right to the head, the right cross, the inside right to the heart, and the outside parry and left hook to the body.

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6. Footwork.—The correct movement of the feet^{*} is as important as the correct movement of the hands. In perfect boxing the hands and feet act in close coordination, and there is always perfect body

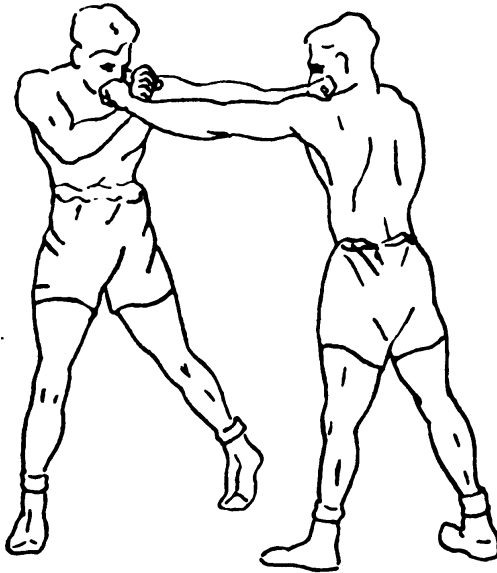


FIGURE 29.—Counter inside parry and left jab.

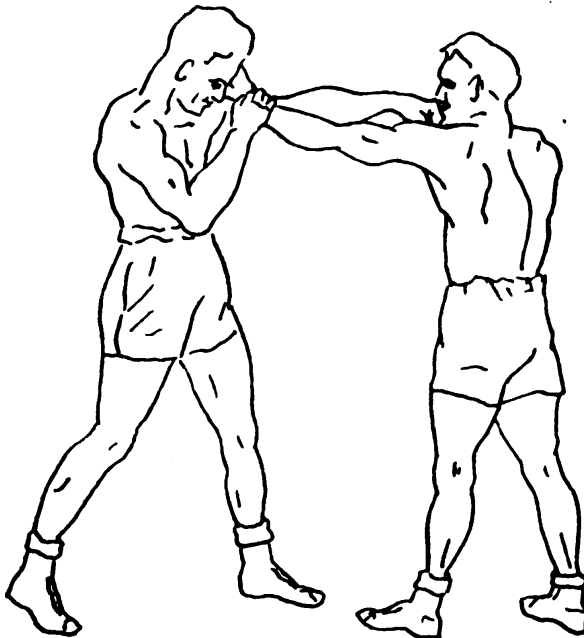


FIGURE 30.—Counter outside parry and left jab.

balance, whether attacking or defending. For correct body balance the feet should be directly under the body, and in changing the position of the feet there are four fundamental movements, starting

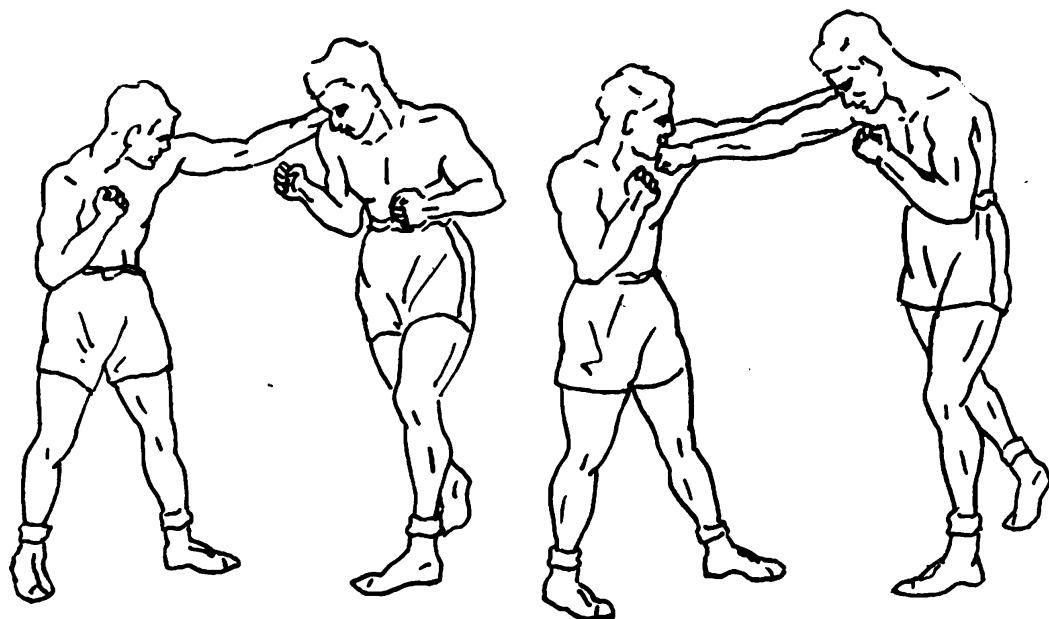


FIGURE 31.—Counter straight inside right to head.

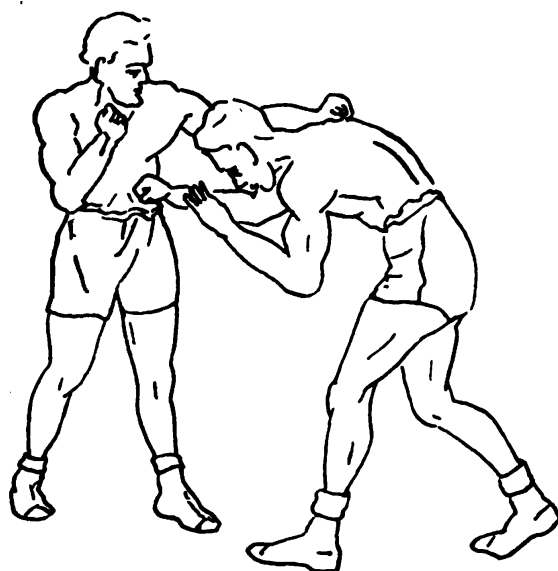
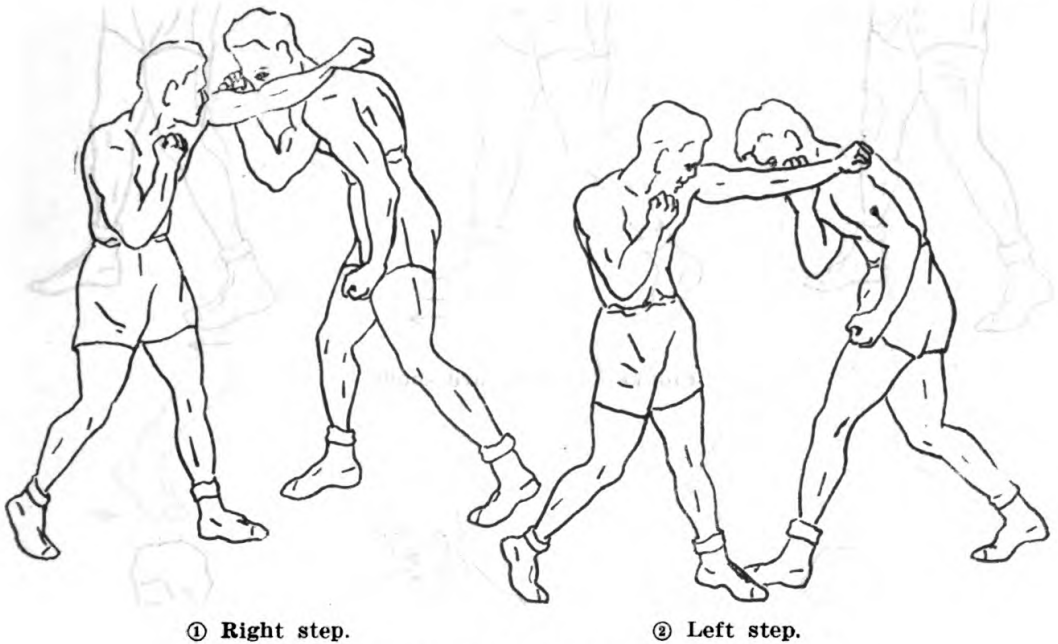


FIGURE 32.—Counter inside right to heart.

from the on-guard position: advancing, retreating, circling left, and circling right. A fundamental of foot movement is never cross the feet.

a. Advancing may be accomplished through the forward shuffle, which consists in sliding the left foot forward on the mat about 2 inches and then sliding the right foot forward the same distance, both feet being kept on the mat, with the on-guard position retained, or the quick advance, which consists in taking a long step forward with the left foot, the foot moving only a little off the floor,



① Right step.

② Left step.

FIGURE 33.—Counter outside parry and left hook to body.

and then bringing the right foot forward and assuming the on-guard position. In the straight left, it should be remembered, a form of quick advance is used, the left foot landing on the mat nearly in unison with the left hand striking the opponent.

b. Retreating may be accomplished through the backward shuffle, which is the reverse of the forward shuffle, with the right foot sliding backwards first, or the quick retreat, which is the reverse of the quick advance, with the right foot stepping back first.

c. Circling to the left is generally used to avoid an opponent's left hook or in boxing a left-handed opponent, for circling is always used to move away from an opponent's strongest punch. However, circling to the left is dangerous against an opponent with a strong right-hand punch. It is accomplished by stepping about 6 inches to

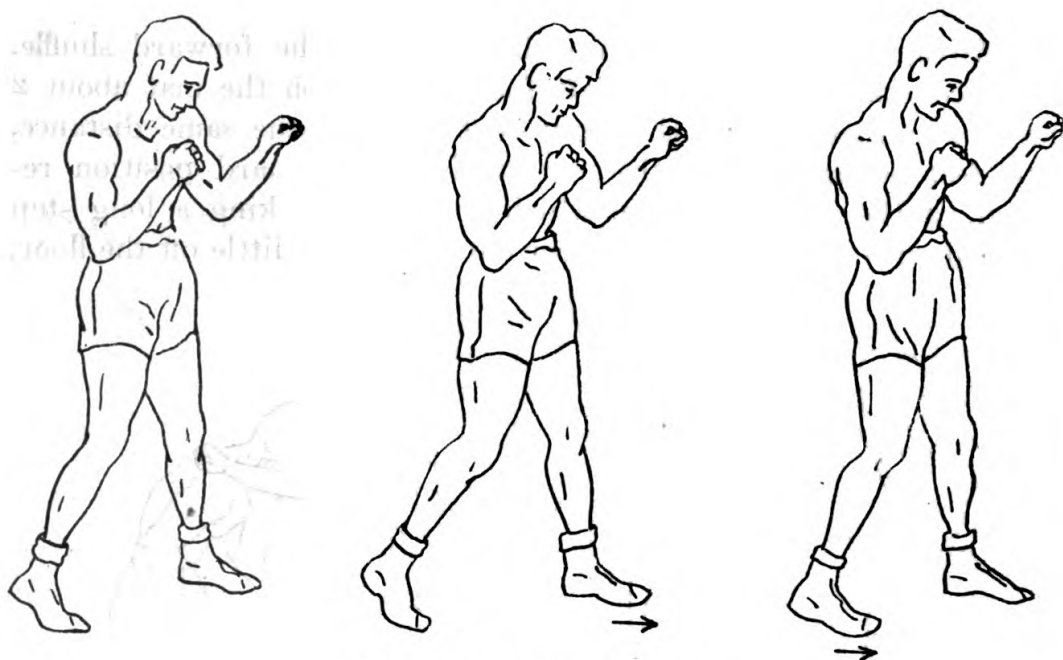


FIGURE 34.—Forward shuffle.

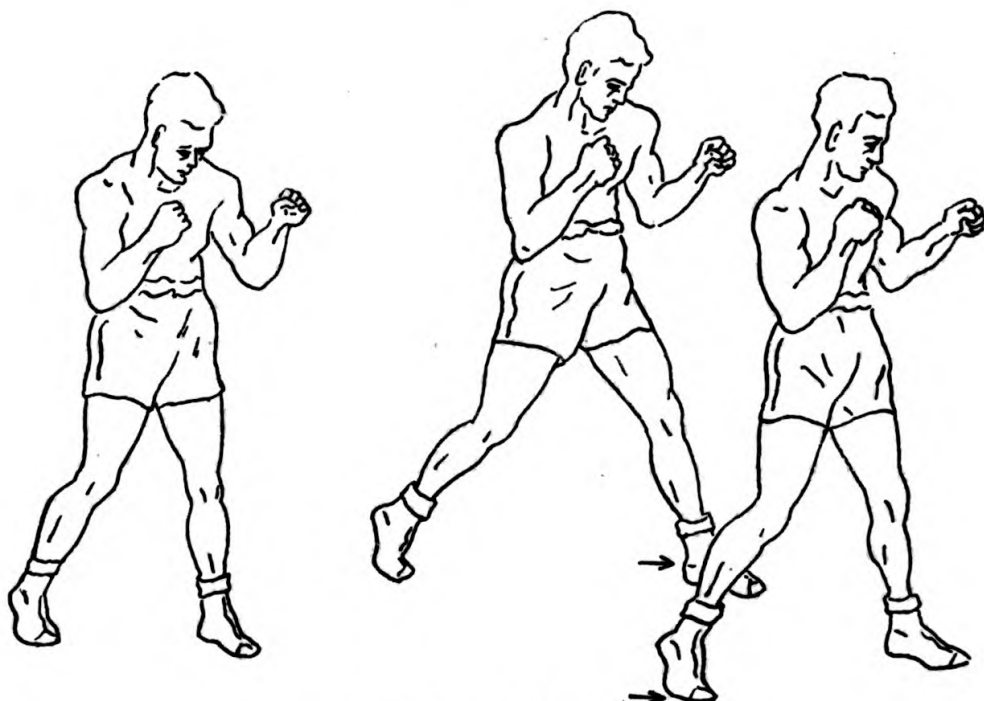


FIGURE 35.—Quick advance.

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the left with the left foot, then pivoting on the left foot and moving the right foot and the body to the left.

d. Circling to the right is the most common type of circling, and is used to keep away from an opponent's strong right-hand punches. It is accomplished by stepping a few inches to the right with the left foot, then pivoting on the left foot and moving the body and right foot to the right.

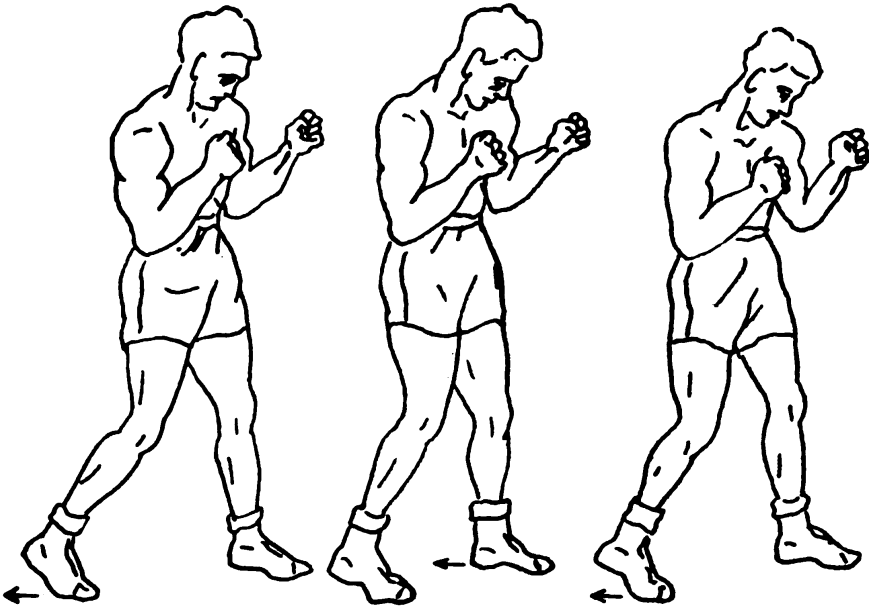


FIGURE 36.—Backward shuffle.

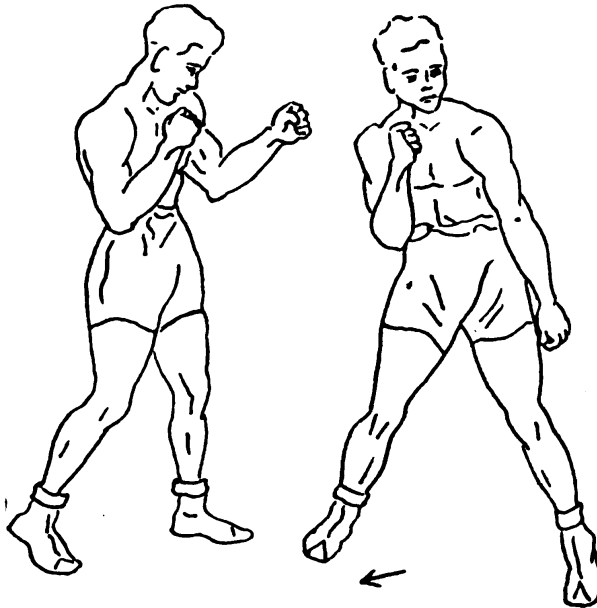


FIGURE 37.—Quick retreat.

RULE CHANGES

CHAPTER 7

HANDBALL

SECTION I. Abridged rules.

Paragraphs

II. Fundamentals of play----- 1-5

SECTION I

ABRIDGED RULES

A. FOUR-WALL HANDBALL RULES (A. A. U.)

SOFTBALL

Rule 1. The game.—SECTION 1. The game may be played by two, three, or four persons.

SEC. 2. A game shall consist of 21 points.

SEC. 3. A match shall consist of the best two out of three games. In championship tournaments the losers in the semifinals must play for the third place.

SEC. 4. Only one hand may be used in striking the ball. The use of the foot or any portion of the body, excepting one hand, to return the ball is barred.

SEC. 5. In attempting to return the ball, it cannot be struck more than once.

SEC. 6. In the act of serving, the server drops the ball to the floor (between the short and service lines) and on the bound it is struck in such a manner that it will first hit the front wall and on the rebound land upon the floor back of the short line, either before or after striking one of the side walls.

If the server fails to serve the ball legally as specified in these rules, then it is an out for the side serving.

After the ball is legally served, one of the players of the receiving side returns the ball by striking it either on the fly or on the first bounce so that it will strike the front wall either directly or after having struck one or both of the side walls or ceiling.

One of the side serving then returns the ball to the front wall, as stated in the foregoing, and play continues until either the server or receiving side is unable to return the ball legally, which will constitute either a point or a hand-out as the case may be.

Rule 5. Playing regulations.—SECTION 1. *The service.*—*a.* The choice for the right to serve shall be decided by the toss of a coin, and the player winning the toss starts the first and third games.

b. The server may start serving from any place in the service zone.

c. When the server loses the service, he shall become the receiver: and the receiver, the server; and so alternately in all subsequent services of the game.

d. In serving, the server must start and stay within the service zone; and if while serving, he steps outside the service zone, he shall be charged with a fault. Stepping outside the service zone twice in succession shall retire the server and count an out.

e. In serving, the ball is required to be bounced on the floor and struck on a rebound from the floor. If the server attempts to hit the ball on this rebound and fails, he is out. Not more than three bounces may be used in making a service. Violation of this rule retires a server.

f. The server shall not serve until his opponent has had a fair opportunity to get placed or the referee calls, "Play."

g. A ball coming from the front wall on a fly or bounce that goes into the gallery or an opening in a side wall shall be a hinder; but if it goes into the gallery or opening referred to after a player has touched it (ball caroming off hand or glove) it shall be a point against player attempting the return.

h. Deliberate delay exceeding 10 seconds by server shall result in loss of service.

i. Only the side serving scores.

j. In serving the ball, the ball is required to hit the front wall first. It can then hit one side wall, but it must hit on the floor back of the short line, provided it is not volleyed by the receiver. The second consecutive violation of the rule shall retire the server.

k. The server's partner must stand within the service box with his back against the wall until the ball passes the service line on each serve. Two consecutive violations retire the server.

l. If a player's partner is hit by a served ball while standing in the service box it counts as a "dead ball," without penalty, but does not eliminate any short or fault preceding this service. Two consecutive shorts or faults retire the server.

m. In the doubles game, but one man is allowed to serve in the first inning. Then, upon being put out, each of the opponents is allowed to serve in any order, until both players have been put out.

n. In doubles, each partner must serve his own hand. Failure to do so shall count as a hand-out, and the points scored on the illegal serve shall not count.

c. Every effort shall be made to keep the ball dry, particularly on the service. Deliberate violation of the spirit of this rule shall result in forfeiture of serve. The ball may be inspected at any time during a game and referee shall put new ball in play if he deems it advisable.

SEC. 2. *Receiving service.*—*a.* The receiver must stand back of the short line while the ball is being served.

b. A receiver may play the service either on the volley or the first bounce.

c. It is optional with a receiver to accept a short ball; if a short ball is attempted, it becomes a fair ball.

d. The receiver has not the option of playing a foot fault when called by the referee.

SEC. 3. *Rest periods.*—*a.* In championship matches there shall be a rest period not to exceed 2 minutes, between the first and second games, at which time the players must not leave the court, without approval of the referee, and not to exceed 10 minutes between the second and third games, at which time the players may leave the court.

b. In case of injury to a contestant, necessitating the discontinuance of play, the match shall be awarded to opponent or opponents.

c. Any games postponed by referee due to weather elements shall be resumed on same basis as when game was called by referee.

SEC. 4. *Shorts.*—*a.* When a served ball hits the front wall and fails to strike back of the short line on the fly.

b. When a served ball hits the front wall and two side walls before striking the floor back of the short line.

c. When a served ball hits the front wall, side wall, and back wall before striking the floor back of the short line.

d. When a served ball rebounds from the front wall and touches the back wall or ceiling before touching the floor back of the short line.

NOTE.—Two "shorts" retire the server; the second consecutive short or fault is unplayable and automatically out.

SEC. 5. *Hinders.*—*a.* A returned ball which strikes an opponent on its way to the front wall is dead even if it continued to the front wall before striking the floor.

b. A player who unintentionally interferes with an opponent in such a way as to prevent him from having a fair chance to return the ball.

In doubles, both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a decision on a hinder even though it naturally would be his partner's ball and

notwithstanding the fact that his partner may be attempting to play the ball or that he may already have missed it. The referee should be liberal in rendering decisions under this rule so as to discourage any practice of playing the ball where an adversary cannot see it until too late to get into position. It is no excuse that the ball is "killed" or that the adversary "could not get it." A player is entitled to a fair chance to recover any ball.

The same principle holds in singles. It is the duty of the side that has played the ball to get out of the way of the opponents.

It is the duty of the referee to decide all hinders and covered balls without being appealed to by the players, as it is often distasteful to a player to make claims, especially in close plays. Failure to claim a hinder on a covered ball does not relieve the referee from the duty of rendering a decision.

When a player is interfered with by his partner, it is not a hinder.

When in the opinion of the referee a player is hindered intentionally, he shall decide the point against the offending player.

A ball coming from the front wall on a fly or bounce that goes into the gallery or an opening in a side wall shall be a hinder, but if it goes into the gallery or opening referred to after a player has touched it (ball caroming off hand or glove) it shall count as a point against player attempting the return.

SEC. 6. *Faults*.—*a*. Stepping over the service or short line in the act of serving.

b. Serving the ball in doubles when the server's partner is not in the service box.

SEC. 7. *Outs*.—*a*. Intentional interference with an opponent.

b. In doubles, a partner, serving both hands.

c. A served ball touching the server in singles or doubles.

d. A ball when served which strikes the server's partner when latter is outside the service box.

e. A legally returned ball striking the partner of the one returning the ball.

f. Failure to play a ball properly returned from a service.

g. A served ball hitting the ceiling, floor, or side walls before striking the front wall.

h. A served ball which hits the front and side wall, or front wall and floor, or front wall and ceiling, at the same time (crotched ball).

i. A short service touched by the server or his partner, except as provided for in rule 5, section 1, paragraph *l*. Two successive infractions, whether two shorts, two faults, or a short and a fault, retire the server.

j. If the receiving side catches or touches an optional ball on the volley or first hop, a point shall be scored against him.

SEC. 8. *Forfeiture*.—During a tournament or in match play, a player leaving the court without the consent of the referee shall forfeit the match.

B. ONE-WALL HANDBALL RULES (A. A. U.)

SOFTBALL

Rule 1. The game.—SECTION 1. The game may be played by two or four persons, and the matches called singles or doubles, respectively.

SEC. 2. A game shall consist of 21 points. Championship matches shall consist of the best two out of three games. The losers in the semifinals must play off for third place.

SEC. 3. Only one hand may be used in striking at the ball. The use of the foot or any portion of the body, excepting one hand to return the ball, is barred.

SEC. 4. In attempting to return the ball, it cannot be struck more than once in the act of serving. The server drops the ball to the floor between the short and service lines, known as the service zone, and on the bound it is struck in such a manner that it will first hit the front wall and on the rebound land upon the floor back of the front line.

SEC. 5. After the ball is legally served, one of the players of the receiving side returns the ball by striking it either on the fly or on the first bounce, so that it will strike the front wall before hitting the floor.

SEC. 6. One of the side serving then returns the ball to the front wall, as stated in the foregoing, and play continues until either the server or the receiver is unable to return the ball legally, in which case it will either constitute a point or an out, as the case may be.

Rule 5. Serving.—SECTION 1. First service shall be determined by the toss of a coin by the referee. Service shall alternate for each additional game.

SEC. 2. In serving, the ball must be bounced on the floor within the square formed by the two side lines, the short and the service line, and struck on a rebound from the floor. Missing the ball puts the server out. The server has the privilege of three attempts at bouncing the ball before serving, but the ball must be struck on a first rebound. A greater number counts as a hand-out.

SEC. 3. The server must stand between the short line and the service line before commencing his service and must not step over the short line or outside of the side lines while serving. Stepping over the short line while serving shall be counted a fault, the same as a short or long ball. Doing so twice in succession shall be counted a hand-out. The receiver must stand back of the service line until the ball passes the short line.

SEC. 4. The server must serve the ball so that it will first strike the board and bounce from the board across the short line and within or on the two side lines and rear line.

SEC. 5. Two short balls in succession, or two long balls in succession, or a short ball and a long ball in succession, shall count as a hand-out. The server or his partner may stop a short ball after it touches the floor and before it has been touched by the opposing side.

SEC. 6. A ball served outside of the side lines shall count as a hand-out.

SEC. 7. Hitting the ceiling, floor, or any other part of the room before the front wall while serving counts as a hand-out.

SEC. 8. If either side catches or stops the ball on the service or play before it hits the floor, it counts as a hand-out or a point against the offending side.

SEC. 9. In doubles, while a player is serving, his teammate must stand outside of the side lines between the service and long lines and must not enter the court until the ball has passed beyond him. Violation of this rule will count as a short ball.

SEC. 10. In doubles, each partner must serve his own hand. Failure to do so shall count as the side-out, and points scored on the last hand shall not count.

SEC. 11. After completion of a rally both players shall be allowed a reasonable time to get in position, after which the referee may call play. If the server fails to serve the ball after play is called, the referee may count 10, as nearly as possible at the rate of 1 count per second, and if the ball is not served before the completion of the count the server shall be declared out.

SEC. 12. A fair served ball between the legs shall be declared a dead ball and played over again, without penalty, but does not void any short or service fault preceding.

Rule 6. Receiving service.—**SECTION 1.** The receiver must stand back of the service line until the ball passes the short line.

SEC. 2. The receiver may strike the ball in returning same on the fly or on the first bounce.

SEC. 3. After the receiver strikes the ball, it must return to the front wall before hitting the floor and bound back into the court.

SEC. 4. If the receiver fails to return the ball it counts as a tally for the side serving. If the server fails to return the adversary's play, it counts as hand-out.

SEC. 5. If either side catches or stops the ball on the service or play before it hits the floor, it counts as a hand-out or a point against the offending side.

SEC. 6. The receiver cannot play a short or a long ball.

Rule 7. Shorts and longs.—**SECTION 1.** The receiver cannot play a short or a long ball. The server or his partner may stop a short ball after it touches the floor and before it has been touched by the opposing side.

SEC. 2. Two short balls in succession, or two long balls in succession, or a short ball and a long ball in succession, shall count as a hand-out.

Rule 8. Playing regulations.—**SECTION 1.** Kicking the ball is not allowed.

SEC. 2. If either side catches or stops the ball on the service or play before it hits the floor, it counts as a hand-out or a point against the offending side.

SEC. 3. After the receiver strikes the ball it must return to the front wall before hitting the floor and bound back into the court.

SEC. 4. If the receiver fails to return the ball it counts as a tally for the side serving. If the server fails to return the adversary's play, it counts as hand-out.

SEC. 5. If a player strikes the ball and it hits an adversary before striking the floor or the front wall, the ball is dead and the point must be played over.

SEC. 6. If a ball, before it is dead, touches a player on the way back from the front wall, it is charged against the player touched and the ball is immediately out of play.

SEC. 7. Hitting a partner with the ball immediately puts the ball out of play and it is charged against that side.

SEC. 8. During a play the ball may not be played by a player after it has been touched either by a partner or by himself.

SEC. 9. If a ball strikes the ceiling or other obstruction, either in going to or coming from the front wall, it shall be charged against the player who struck the ball.

SEC. 10. After completion of a rally both players shall be allowed a reasonable time to get in position, after which the referee may call play. If the server fails to serve the ball after play is called the

referee may count 10, as nearly as possible at the rate of 1 count per second, and if the ball is not served before the completion of the count the server shall be declared out.

SEC. 11. If a player is interfered with by his opponent he may claim a hinder, which shall be decided by the referee.

SEC. 12. A player being interfered with by an opponent in playing the ball may claim a hinder unless his opponent after having played the ball shall have stood still, in which case no hinder shall be allowed. The decision of the referee shall govern.

SEC. 13. In doubles both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a decision on a hinder, even though it might be the partner's ball, and notwithstanding that the partner may be attempting to play the ball or that he may have already missed it.

SEC. 14. When, in the opinion of the referee, a player is hindered intentionally he should decide that point against the offending player.

Dead Ball.—SEC. 20. If a player strikes the ball and it hits an adversary before striking the floor or the front wall, the ball is dead and the point must be played over.

Faults.—SEC. 21. Stepping over short line while serving shall be counted a fault the same as a short or long ball. Doing so twice in succession shall be counted a hand-out.

Hinders.—SEC. 22. If a player is interfered with by his opponent he may claim a hinder, which shall be decided by the referee.

SEC. 23. A player being interfered with by an opponent in playing the ball may claim a hinder unless his opponent after having played the ball shall have stood still, in which case no hinder shall be allowed. The decision of the referee shall govern.

SEC. 24. In doubles both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a decision on a hinder even though it might be the partner's ball, and notwithstanding that the partner may be attempting to play the ball or that he may have already missed it.

SEC. 25. When, in the opinion of the referee, a player is hindered intentionally he should decide that point against the offending player.

SEC. 26. It is the duty of the referee to decide all hinders without being appealed to by the players as it is often distasteful to a player to make claims especially in close cases, and failure to claim a hinder does not relieve the referee from the duty of rendering a decision.

SEC. 27. A player may not claim a hinder when interfered with by his partner.

Outs.—**SEC. 28.** In serving, the ball must be bounced on the floor within the square formed by the two side lines and the short and the service line, and struck on a rebound from the floor. Missing the ball puts the server out. The server has the privilege of three attempts at bouncing the ball before serving. A greater number counts as a hand-out.

SEC. 29. A ball served outside of the side lines shall count as a hand-out.

SEC. 30. Two short balls in succession or two long balls in succession or a short ball and a long ball in succession shall count as a hand-out.

SEC. 31. Hitting the ceiling, floor, or any other part of the room before the front wall while serving counts as a hand-out.

SEC. 32. If the server fails to return the adversary's play, it counts as hand-out.

SEC. 33. If a ball, before it is dead, touches a player on the way back from the front wall, it is charged against the player touched and the ball is immediately out of play.

SEC. 34. Hitting a partner with the ball immediately puts the ball out of play and it is charged against that side.

SEC. 35. If a ball strikes the ceiling or other obstruction either in going to or coming from the front wall, it shall be charged against the player who struck the ball.

SEC. 36. After a completion of a rally both players shall be allowed a reasonable time to get in position, after which the referee may call play. If the server fails to serve the ball after play is called the referee may count ten as nearly as possible at the rate of one count per second and if the ball is not served before the completion of the count the server shall be declared out.

SECTION II

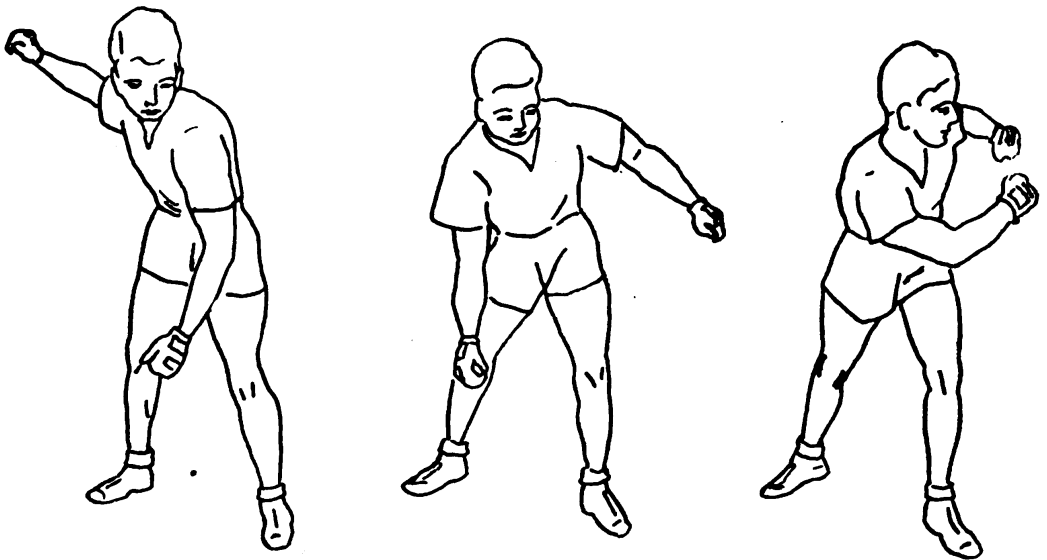
FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Striking ball.....	2
Strokes.....	3
Serving.....	4
Kill shots.....	5

1. General description.—Handball is played in either a rectangular box court of four walls, or in a rectangular court with one wall, either a hard or soft rubber ball being used, two, three, or four players being in the court and striking the ball against the wall

(one-wall court) or walls (four-wall court) with either hand, the object being to hit the ball against the wall or walls so that it bounces back onto the floor of the court where the opponent or opponents cannot reach it before it strikes the floor on a second bounce.

2. Striking ball.—The ball is struck in various ways: either with the cupped hand, the hand being relaxed with the fingers close together and the ball being struck on the fleshy part of the palm at the base of the fingers; or with the flat hand, the fingers being held together with the thumb parallel to the index finger and the ball sliding off the fingers after it has struck the fleshy part of the palm; or with the fist, commonly called punching, the fist being closed



① Beginning of stroke. ② Contacting ball. ③ Follow-through.

FIGURE 38.—Full-arm underhand stroke.

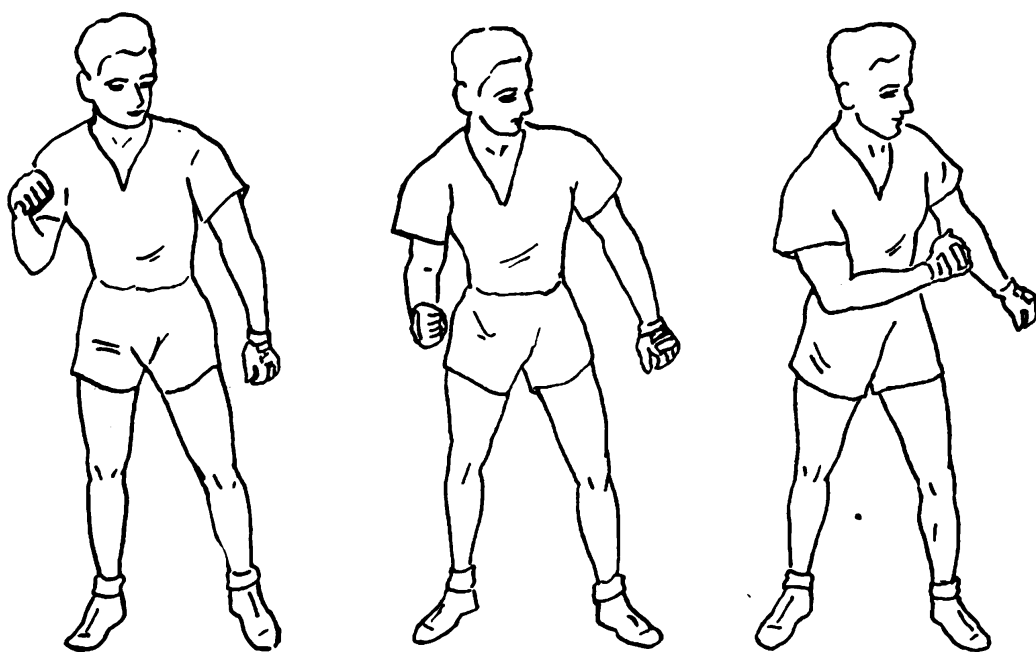
with the thumb extending over the top of the index finger, the ball being struck with the bony surface of the knuckles or with the heel of the hand.

3. Strokes.—Right-hand strokes will be discussed only, left-hand strokes being merely the reverse.

a. Underhand.—(1) The full-arm underhand stroke (fig. 38), the most important stroke in handball, is executed by standing with the body facing the side of the court with the left leg toward the front wall, the knees being slightly bent and the feet 12 to 18 inches apart, the body being bent well forward, the right arm starting from an extended position to the rear of the body at about shoulder height, and then swung downward and forward parallel to and in front of the body. The ball is struck with the hand at about knee height,

the weight being shifted to the left foot with a short forward step just as the ball is struck, the follow-through being to the left of the body, ending at about shoulder height.

(2) In the wrist-snap underhand stroke (fig. 39) the arm is not extended backward at the start, but rather held at the side with the elbow in and the hand at shoulder height, the body facing the side of the court and being bent forward only slightly, the ball being struck at a height between the knee and hip as the forearm passes close to the body, a wrist snap being used and a short step forward taken with the left foot as the ball is struck, the follow-through ending in front of the body at about waist height.



① Beginning of stroke. ② Contacting ball. ③ Follow-through.

FIGURE 39.—Wrist-snap underhand stroke.

(3) In the straight-arm underhand stroke (fig. 40) the body faces the front wall, the right arm being extended straight back about shoulder height, then swung in an arc downward and then forward parallel to the body, a step forward with the left foot being taken and the body weight shifted to the left foot as the ball is struck, the follow-through being in the direction the ball is to be played.

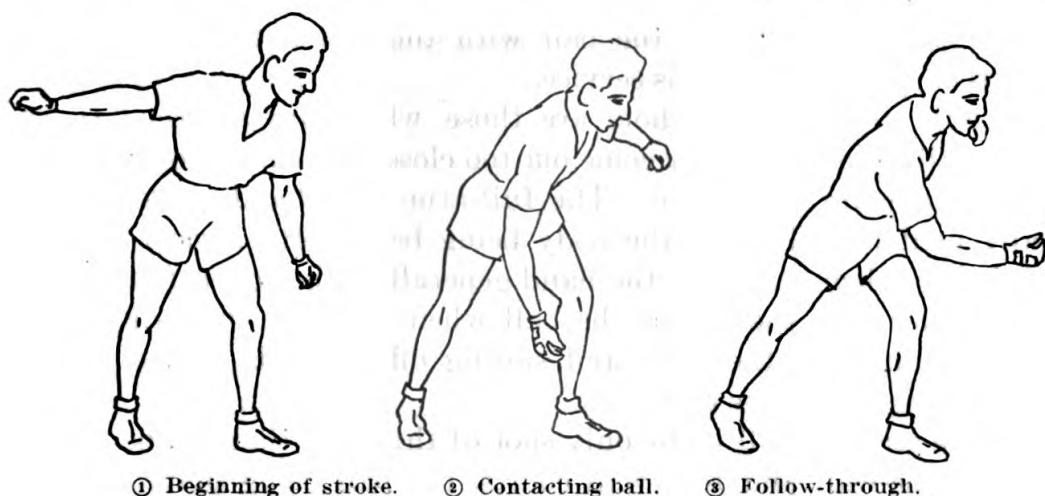
b. Overhand.—(1) In the bent-arm overhand stroke the body faces the front wall of the court, the right arm being held with the elbow bent and the hand just even with or behind the right ear, the arm being thrown forward in an extended position as the ball is struck with a snap of the wrist, a step forward being taken with the left

foot and the weight shifted to the left foot at the same time, the follow-through being down and across the front of the body.

(2) The full-arm overhand stroke is a defensive shot used to return a high ball, the body position being the same as in the bent-arm stroke, except that the arm is extended and the ball is met with the hand at full arm's length over the head and slightly back of the player.

c. In the side-arm stroke the body faces the side of the court and the motion is the same as the full-arm underhand swing except that the body is held erect and not bent forward.

d. Back-wall shots are found only in box court play, the body facing the back wall, the ball being struck in a half-hitting, half-



① Beginning of stroke. ② Contacting ball. ③ Follow-through.

FIGURE 40.—Straight-arm underhand stroke.

throwing manner, the body pivoting on the right foot and a step forward with the left foot being taken as the ball is hit, underhand strokes being used.

4. Serving.—The usual serving position and motion is identical with that of the full-arm underhand stroke, with the ball being held in the left hand, dropped from about knee height slightly to the front and side of the left leg, and struck with an underhand motion, on the first bounce from the floor. Some serves can be used both in one-wall courts and in four-wall courts, and only these will be discussed here.

a. The low drive service is a low and fast ball which strikes the front wall about 8 feet from the bottom and hits the floor just over the short line, bounding low along the side of the court closest to the server, the body facing the side of the court along which the ball is to bounce, and the server standing at arm's length from that side.

This is effective in four-wall play but not so effective in one-wall play.

b. In the high lob service the ball is hit high up on the front wall from where it drops just over the short line and then bounces high along the side of the court in a straight line; the server stands at arm's length from the side of the court and the straight-arm underhand stroke is used. This is likewise effective in four-wall play but not so effective in one-wall play.

c. The sharp-angle service is effective in both one-wall and four-wall play, the difference being that in four-wall play the ball hits the front wall and then caroms off the side wall, returning toward the server, while in one-wall play the ball hits the front wall and then strikes the floor, bouncing away from the server at an angle. Either the full-arm underhand stroke or the wrist-snap underhand stroke is used. Striking the ball with the closed fist or punching is extremely effective in this service.

5. **Kill shots.**—Kill shots are those which are returned to the front wall so low that they come out too close to the floor to be played, with practically no bounce. The full-arm underhand stroke is generally used in kill shots, the body being bent well forward and the ball being taken very low, the hand generally being open (flat hand) and sliding over the top of the ball when striking, the ball hitting the fleshy part of the hand and sliding off the ends of the fingers. Punching is sometimes used.

a. The straight kill is the only shot of this type that can be played in both one-wall and four-wall courts, the ball being played off the front wall only, and hit in a line parallel to the side of the court.

b. The right outside corner kill caroms low off the right wall to the front wall, while the left outside corner kill caroms off the left wall to the front wall.

c. The right inside corner kill caroms low off the front wall to the right side wall at an angle, while the left inside corner kill caroms low off the front wall to the left side wall at an angle.

CHAPTER 8

HORSESHOES

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-3

SECTION I

ABRIDGED RULES

Stakes shall be 1 inch in diameter and spaced 40 feet apart in the center of a 6 by 6 foot pitcher's box. The top of the stake shall project 10 inches above the ground and shall lean 2 inches forward.

The pitcher's box shall not stand more than 1 inch above the ground, and shall be filled with potter's clay or a suitable substitute to a depth of 6 inches.

If more than one court is constructed a distance of 10 feet should be allowed between courts.

The dimensions of the official shoe are as follows: $7\frac{1}{2}$ inches long, 7 inches wide, with a weight of $2\frac{1}{2}$ pounds. The opening between the calks shall not measure more than $3\frac{1}{2}$ inches inside. The calks on the heel or toe shall not exceed more than $\frac{3}{4}$ inch.

Players may stand anywhere inside of the outer edges of the pitcher's box (which are called the foul lines), and may not in any case extend the foot over the foul line—otherwise it is a foul.

It is a foul when the shoe first strikes outside the foul lines and then rebounds within the box.

It is a foul when a shoe strikes any part of the pitcher's box.

The player not pitching must remain outside and to the rear of the box until his opponent is through.

The first pitch is decided by a flip of a coin or toss of a shoe.

A pitched shoe is one that has left the player's hand.

If a pitched shoe which falls into fair territory is broken, the player is permitted to throw another shoe.

Shoes of either player shall not be touched until scored. (Penalty for breaking this rule is disqualifying both of the offender's shoes and allowing as many points for the opponent as he may make.)

In all tournaments and matches, games shall consist of 50 points.

All league games shall consist of 21 points.

All tournament and league games are divided into innings which constitute the pitching of two shoes by each player.

Shoes farther away from the stake than 6 inches will not be counted.

A shoe closer to the stake than the opponent's counts one point.

Two shoes count two points.

One ringer counts three points.

Two ringers count six points.

One ringer and the closest shoe of the same contestant count four points.

A player having two ringers, and his opponent one, scores three points.

If ringers are knocked off by either player, the original value is not counted.

If a player's shoe knocks a pitched shoe so that its position is changed from a close shoe to a ringer or vice versa, the value of the last position is scored.

A shoe is declared a ringer if it encircles the stake so that both calks can be touched with a measuring stick simultaneously.

All ties have no scoring value for either player.

If each player has a ringer, the next closest shoe within 6 inches of the stake counts.

A shoe leaning against the stake counts only as a close shoe.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Grip of shoe.....	2
Delivery	3

1. General description.—In horseshoes a player tosses a U-shaped piece of iron in the shape of a horse's shoe in the direction of an iron stake, attempting to encircle the stake with the shoe or land it closer to the stake than his opponent's shoe.

2. Grip of shoe.—This depends on the method of delivery, which may be the one-turn (fig. 41 ①), where the side of the shoe is held with the thumb on top and the fingers below the shank, the open part of the shoe facing the stake; the one-and-one-quarter-turn (fig. 41 ②), where the side of the shoe is held with the thumb on top of the shank and the fingers below, the open end of the shoe facing toward the left; the one-and-one-half-turn (fig. 41 ③), where the shoe is held as above.

except the open end faces the player; the one-and-three-quarter-turn (fig. 41④), where the shoe is held with the index finger around the calk or metal protuberance and the thumb on top of the shank with the other fingers below, the open end of the shoe facing the right; or the over-and-over (fig. 41⑤), where the shoe is held at the base with the thumb on top and fingers below, the open end of the shoe facing the stake.

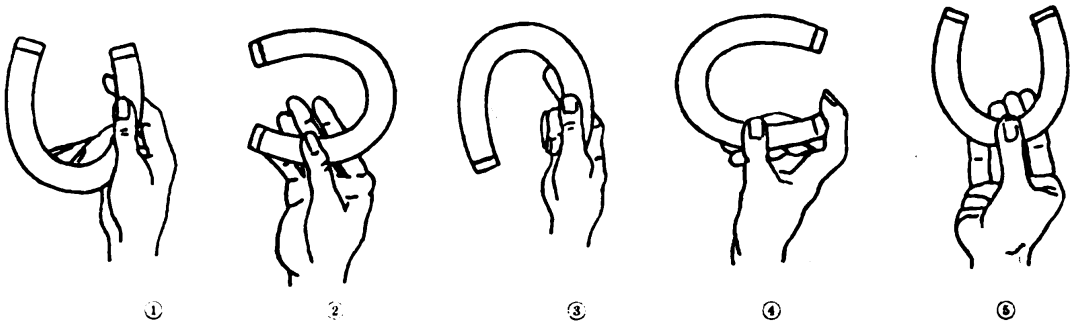


FIGURE 41.—Grip of shoe.

3. Delivery.—Delivery of the shoe is the same for each of the grips except the over-and-over. In each instance the shoe turns the requisite distance in flight on a horizontal or semihorizontal plane so that the open end faces the stake at the end of the throw. In the over-and-over throw, however, the shoe revolves over itself instead of around in a circle. The name of each grip explains how far the shoe should turn in flight.

CHAPTER 9

SOCCER

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-7

SECTION I

ABRIDGED RULES

Law III. Number of players.—The game shall be played by 2 teams, each consisting of not more than 11 players:

- 1 goalkeeper.
- 2 fullbacks—right and left.
- 3 halfbacks—right, center, and left.
- 5 forwards—outside right, inside right, center, inside left, and outside left.

One of the other players may change places with the goalkeeper during the match provided notice be given to the referee before such change is made.

Substitutions and resubstitutions.—Five substitutions may be made in any one game, and three players may be resubstituted once during a game, these resubstitutions not counting as any one of the before-mentioned substitutions.

Penalty for changing goalkeeper without notice—punishment.—If, without notifying the referee, a player changes to goalkeeper during the game, or a new goalkeeper is substituted, and then handles the ball within the penalty area, a penalty kick shall be awarded. Any player leaving the field during the progress of the game (except through accident) without the consent of the referee shall be deemed guilty of ungentlemanly conduct.

Law IV. Players' equipment.—*Shoes.*—A player shall not wear anything which is dangerous to another player. Boots must conform to the following standard:

Bars and/or studs.—All bars and studs must be made of leather or rubber; nails shall be driven in flush with the leather or rubber; bars shall be transverse and flat, not less than half an inch in width, and they shall extend for the total width of the boot and be rounded at the corners; studs shall be round in plan, not less than 1/2 inch in diam-

SPORTS AND GAMES

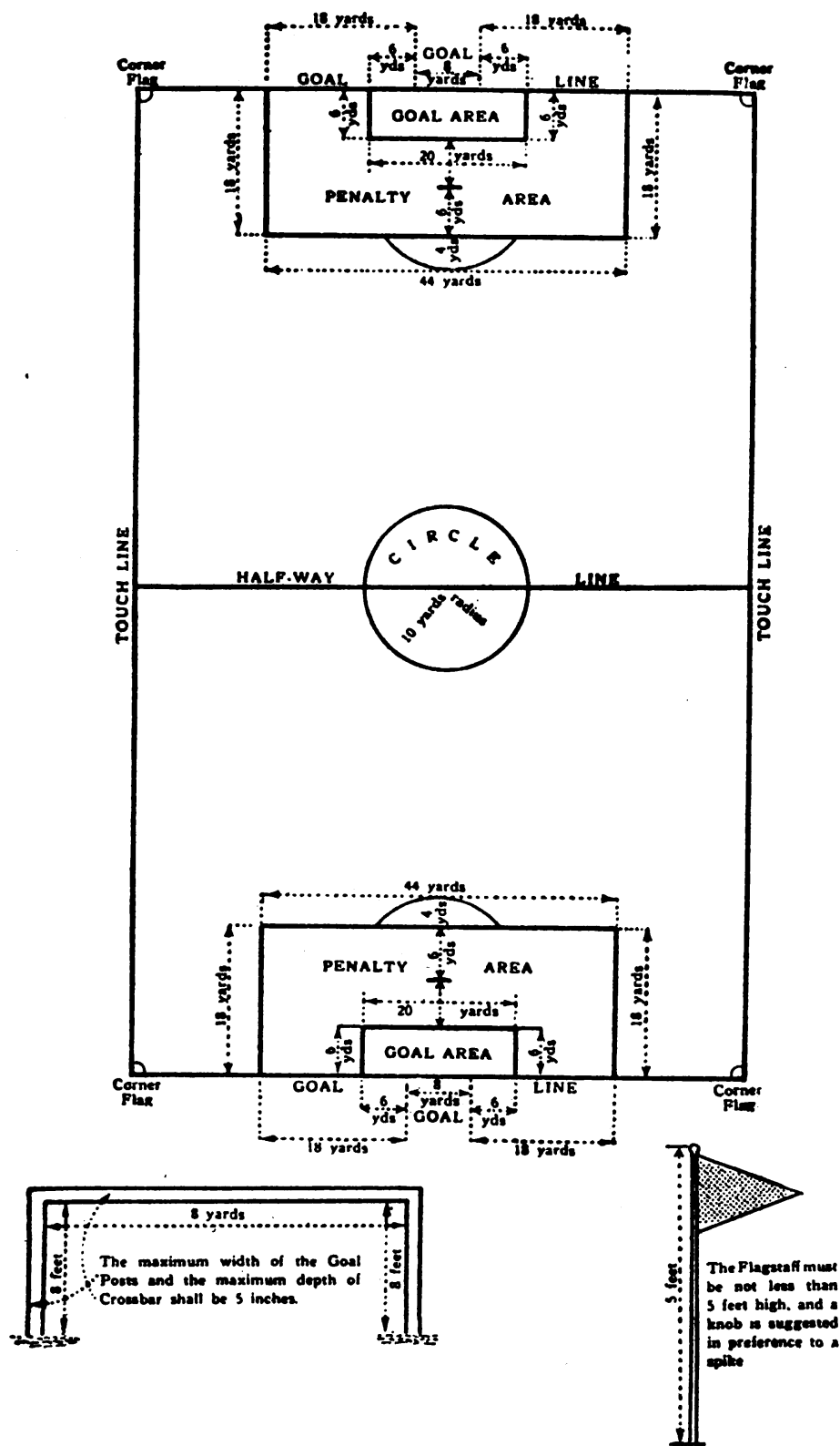


FIGURE 42.—Plan of soccer field.

eter at the exposed surface; *combined studs and bars* may be worn provided the whole conforms to the general requirements of this law; *bars and studs* on the soles or heels shall not project more than half an inch and shall have all fastenings driven in flush with the leather or rubber. Metal plates, even though covered with leather or rubber, shall not be worn.

Penalty for wearing illegal equipment—punishment.—For any infringement of this law, the player at fault shall be sent off the field of play temporarily. He shall not return without first reporting to the referee, who shall satisfy himself that the player's equipment is in order; the player shall only reenter the game at a moment when the ball has ceased to be in play.

Law VII. Duration of the game.—The duration of the game shall be four equal periods of 22 minutes, unless otherwise mutually agreed upon, although in case of a tie two extra periods of 5 minutes each are to be played; the score then standing as official, subject to the following:

a. Extension of time for penalty kick.—Allowance shall be made in any period for all time lost through accident or other cause, the amount of which shall be a matter for the discretion of the referee.

b. Time shall be extended to permit of a penalty kick being taken at or after the expiration of the normal periods in either half or in case of extra periods after the expiration of these periods.

Intervals, half-time.—At half-time (between the second and third periods) the interval shall not exceed 10 minutes except by consent of the referee.

Quarters.—Between the first and second and third and fourth periods the interval shall not exceed 1 minute.

Law VIII. The start of play.—*a. Beginning of game.*—At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall have the option of choice of ends or the kick-off.

How started.—The referee, having given a signal, the same shall be started by a player taking a place kick (i. e., a kick at the ball while it is stationary on the ground in the center of the field of play) into his opponents' half of the field of play.

When ball deemed in play.—Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 yards from the ball until it is kicked off; the ball shall not be deemed in play until it has traveled the distance of its own circumference. The kicker shall not play the ball a second time until it has been played or touched by another player.

b. Game restarted after goal scored.—After a goal has been scored, the game shall be restarted in like manner by a player of the team losing the goal.

c. Change of ends.—After regular and extra periods; when restarting after each period and in case of extra periods after the fourth period and between the extra periods, ends shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the previous period.

Penalty—punishment.—For any infringement of this law, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offense, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred. A goal shall not be scored direct from a kick-off.

d. Restart after temporary suspension; drop the ball.—After any other temporary suspension; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these laws, provided that immediately prior to the suspension the ball has not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when play was suspended and it shall be deemed in play when it has touched the ground; if, however, it goes over the touch or goal lines after it has been dropped by the referee, but before it is touched by a player, the referee shall again drop it. A player shall not play the ball until it has touched the ground. If this section of the law is not complied with the referee shall again drop the ball.

Law IX. Ball in and out of play.—*When ball out of play.*—The ball is out of play—

a. When it has wholly crossed the goal line or touch line, whether on the ground or in the air.

b. When the game has been stopped by the referee.

Ball in play.—The ball is in play at all other times from the start of the match to the finish, including—

a. If it rebounds from a goal post, crossbar or corner flag post into the field of play.

b. If it rebounds off either the referee or linesmen when they are in the field of play.

c. In the event of a supposed infringement of the laws, until a decision is given.

Law X. Method of scoring.—*Scoring, method of.*—Except as otherwise provided by these laws, a goal is scored when the whole

of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or propelled by hand or arm, or carried by a player of the attacking side.

Displacement of crossbar.—Should the crossbar become displaced for any reason during the game, and the ball cross the goal line at a point which, in the opinion of the referee, is below where the crossbar should have been, he shall award a goal.

The team scoring the greater number of goals during a game shall be the winner; if no goals or an equal number of goals are scored the game shall be termed a "draw."

Law XI. Off-side.—*When player off-side.*—A player is off-side if he is nearer his opponents' goal line than the ball at the moment the ball is played unless:

- a. He is in his own half of the field of play.
- b. There are two of his opponents nearer to their own goal line than he is.
- c. The ball last touched an opponent or was last played by him.
- d. He receives the ball direct from a goal kick, a corner kick, a throw-in, or when it is dropped by the referee.

Penalty—punishment.—For an infringement of this law, an indirect free kick shall be taken by a player of the opposing team, from the place where the infringement occurred.

Off-side player not punished unless interfering.—A player in an off-side position shall not be penalized unless, in the opinion of the referee, he is interfering with the play or with an opponent, or is seeking to gain an advantage by being in an off-side position.

Law XII. Fouls and misconduct.—*Fouling—kicking, striking, jumping, or tripping.*—A player shall be penalized if he intentionally—

- a. Kicks, strikes, or jumps at an opponent.
- b. Trips, including throwing or attempting to throw an opponent by use of the legs, or by stooping in front of or behind him.

Penalty—punishment.—In event of a player being ordered off the field for tripping, jumping at, kicking, or striking an opponent he cannot again come back into the game.

c. *Handling.*—Handles the ball, that is, carries, strikes, or propels it with the hand or arm. (This does not apply to the goalkeeper within his own penalty area.)

d. *Holding.*—Holds or pushes an opponent with his hand or hands, or with his arm or arms extended from his body, or uses the knee in any way against an opponent.

e. Charging violent or dangerous.—Charges in a violent or dangerous manner; or charges an opponent from behind unless the latter be deliberately obstructing.

NOTE.—This is not intended to penalize all charging; it is permissible as long as, in the opinion of the referee, it is fair and is made when the ball is within playing distance of the players concerned and they are definitely attempting to play it.

f. Charging goalkeeper.—Charges a goalkeeper, except when he is holding the ball or wilfully obstructing an opponent, or when he has passed outside the goal area.

g. Charging when both feet off ground.—Charges a player when he is in the air and has both feet off the ground in an effort to receive the ball.

h. Putting hands on opponent.—Places his hands or arms on an opponent in an effort to reach the ball.

i. Kicking at ball when in goalkeeper's possession forbidden.—Kicks or attempts to kick the ball when it is held by the goalkeeper.

j. Goalkeeper carrying.—When playing as goalkeeper, carries the ball, that is, takes more than four steps while holding the ball, without bouncing it on the ground.

k. Joins his team after the game has commenced or returns to the field of play while the game is in progress, without reporting to the referee.

l. Plays in a manner considered by the referee to be dangerous.

m. Is guilty of ungentlemanly conduct.

Penalty—punishment.—(1) *Direct free kicks and offenses—outside the penalty area.*—For any infringement of *a, b, c, d, e, g, h, j* (that is, for kicking, striking or jumping at an opponent; tripping an opponent; handling the ball; holding or pushing an opponent with the hands or arms; using the knee on an opponent; violently or dangerously charging an opponent; charging an opponent illegally from behind; charging an opponent while he has both feet off the ground; placing his hands or arms on an opponent; carrying by the goalkeeper), a direct free kick shall be taken by a player of the opposite team from the place where the infringement occurred.

(2) *Kicks and offenses—inside the penalty area.*—(a) For any infringement of *a, b, c, d, e, g, h, i* (that is, for kicking, striking, or jumping at an opponent; tripping an opponent; handling the ball; holding or pushing an opponent with the hands or arms; using the knee on an opponent; violently or dangerously charging an opponent; charges an opponent illegally from behind; charges an opponent when he is off the ground; places his hands or arms on an opponent in a

effort to reach the ball; kicking or attempting to kick the ball when it is held by the goalkeeper), by the attacking team the punishment shall be a direct free kick for the defending team from the place where the infringement occurred. For an infringement of *j* (that is, when playing as goalkeeper carries the ball, i. e., takes more than four steps while holding the ball, without bouncing it on the ground), the punishment shall be an indirect free kick.

(*b*) For any infringement of *a, b, c, d, e, g, h* (that is, for kicking, striking or jumping at an opponent; tripping an opponent; handling the ball; holding or pushing an opponent with the hands or arms; using the knee on an opponent; violently or dangerously charging an opponent; charging an opponent illegally from behind; charging an opponent when he is off the ground; places his hands or arms on an opponent in an effort to reach the ball), by the defending team, the punishment shall be a penalty kick. A penalty kick can be awarded, irrespective of the position of the ball, if in play, at the time an offense within the penalty-area is committed.

(*c*) For any infringement of *f* the punishment shall be an indirect free kick.

(3) *Indirect free kick—inside or outside the penalty area.*—For any infringement of *f, j, or l* (that is, goalkeeper carrying the ball or dangerous play), an indirect free kick shall be taken by a player of the opposite team from the place where the infringement occurred, or where play was stopped.

(4) *Player cautioned.*—If a player liable to be penalized under *k* (that is, joins or rejoins his team without reporting), commits a more important offense, he should be penalized according to that portion of the law he infringes. A player shall be cautioned if he—

(1) Joins his team after the kick-off or returns to the field of play while the game is in progress without reporting to the referee.

(2) Persistently infringes any of the laws of the game.

(3) Shows, by word or action, dissent from any decision given by the referee.

(4) Commits ungentlemanly conduct.

In addition to the caution, if play has been stopped by reason of such misconduct it shall be resumed: (*a*) if under paragraph (1), by the referee dropping the ball at the place where the infringement occurred, and (*b*) if under paragraphs (2) and (3) an indirect free kick taken by a player of the opposite team from the place where the infringement occurred. A player may be *ordered off* if he—

(1) Persists in misconduct after having received a caution.

(2) Is guilty of violent conduct, that is, using foul or abusive language or if, in the opinion of the referee, he is guilty of serious foul play.

If play be stopped by reason of a player being ordered off for an offense against an opponent without a separate breach of the law having been committed, the game shall be resumed by an indirect free kick to be taken by a player of the opposite team from the place where the infringement occurred.

Law XIII. Free kick.—Free kicks shall be classified under two heads: "direct" (from which a goal can be scored direct against the offending side), and "indirect" (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

Position of players on taking free kick.—When a direct or indirect free kick is being taken, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless he be standing on his own goal line, between the goal posts. If a player of the opposing team approaches within 10 yards before the kick is taken the referee shall delay the taking of the kick until the law is complied with. The ball shall not be deemed in play until it has traveled the distance of its own circumference. The ball must be stationary when the kick is taken, and after taking the kick, the kicker shall not play the ball a second time until it has been touched or played by another player. In the case of a free kick being awarded to the defending side in the penalty area, the goalkeeper shall not receive the ball into his hands in order that he may thereafter kick it into play; the ball must be kicked forward directly into play beyond the penalty area, and if this part of the law is not complied with the kick shall be retaken.

Kicking ball second time penalty—punishment.—If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred.

Law XIV. Penalty kick.—*How taken; positions of players and goalkeeper.*—A penalty kick shall be taken from the penalty mark and when it is being taken, all players, with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play, but outside the penalty area, and at least 10 yards from the penalty mark. The opposing goalkeeper must stand (without moving his feet) on his own goal line, between the goal posts, until the ball is kicked. The player taking the kick must kick the

ball forward; he shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly it is kicked; that is, traveled the distance of its circumference, and a goal may be scored direct from such a penalty kick. If the ball touches the goalkeeper before passing between the posts, when a penalty kick is being taken at or after the expiration of quarter-time, half-time, or full-time, it does not nullify a goal.

Extension of time to take.—If necessary, time of play shall be extended at quarter-time, half-time, or full-time to allow a penalty kick to be taken.

Penalty—punishment.—*a. Infringement by defense, kick re-taken.*—For any infringement by the defending team the kick shall be retaken, if a goal has not resulted.

b. Infringement by offenses, free kick.—For any infringement by the attacking team, other than by the player taking the kick, the kick shall be retaken, if a goal has resulted.

c. For any infringement by the player taking the penalty kick, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred.

Law XV. Throw-in.—*When and how taken.*—When the whole of the ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on or outside the touch line. The thrower shall use both hands and shall deliver the ball from over his head. The ball shall be in play immediately it is thrown, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored direct from a throw-in.

Penalty—punishment.—*a.* If the ball is improperly thrown in the throw-in shall be taken by a player of the opposing team.

b. If the thrower plays the ball a second time, before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred.

Law XVI. Goal kick.—*How taken—ball must be kicked beyond forward penalty area.*—When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked forward directly into play beyond the penalty area, from a point within that half of the goal area

nearest to where it crossed the line, by a player of the defending team. A goalkeeper shall not receive the ball into his hands from a goal kick in order that he may thereafter kick it into play. If the ball is not kicked forward beyond the penalty-area, that is, direct into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal shall not be scored direct from such a kick. Players of the team opposing that of the player taking the goal kick shall not approach within 10 yards of the ball while the kick is being taken.

Penalty—punishment.—If a player taking a goal kick plays the ball a second time after it has passed beyond the penalty area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

Law XVII. Corner kick.—*How taken.*—When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag post, which must not be removed, that is, a corner kick. A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 10 yards of the ball until it is in play, that is, it has traveled the distance of its own circumference, nor shall the kicker play the ball a second time until it has been touched or played by another player.

Penalty—punishment.—For any infringement of this law, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Kicking.....	2
Trapping.....	3
Intercepting.....	4
Tackling.....	5
Passing.....	6
Playing positions.....	7

1. General description.—In soccer a team of 11 men seeks to advance a round inflated ball toward and through its opponent's goal

posts and under the crossbar of the goal, by dribbling, kicking, and striking or pushing it with any part of the body except the hands and arms.

2. Kicking.—This may be done with the top of the instep, as in regulation football, with the inside of the foot, with the outside of the foot, or with the heel.

a. Volleying is meeting the ball before it hits the ground, either with the foot or knee. The foot volley is used to gain distance and change direction, and is generally used when the ball comes toward the player with a low trajectory. In the knee volley the knee or thigh strikes the ball and it is used to take possession of the ball from an opponent, particularly when the ball has a high trajectory.

b. Dribbling is a series of short, controlled kicks made by a player who is advancing the ball; it is generally accomplished with the inside or outside of the foot, and sometimes with the toe.

c. In the placement kick the ball is stationary, the kicker taking a few steps before kicking, the ball being struck with the toe of the shoe, with the exception of the penalty kick where the top of the instep is used.

3. Trapping.—This is the stopping and taking possession of the ball. It is accomplished with the sole of the foot by simply stepping lightly on the ball if it is a slow rolling ball; generally keeping the heel on the ground, with the inside of the foot and leg by getting the ball between the foot and leg and the ground, if the ball is moving fast or in an opponent's possession; and with both feet by clamping the ball between the legs and the ground if the ball is a high fly or a high bounder.

4. Intercepting.—Interrupting the progress of the ball by using any part of the body except the hands and arms is intercepting. It is accomplished with the head (called heading) by striking the ball with the front of the head just above the forehead and jumping at the same time, keeping the neck stiff and the spine rigid; with the shoulder by hunching it against the impact of the ball; with the chest by holding the breath and allowing the ball to strike the chest at a point above the nipples and below the shoulders; with the hips or thighs to intercept a kick.

5. Tackling.—This differs radically from that used in regulation football for bodily contact is rarely used, the object being to take the ball away from an opponent by use of the feet alone. The player plays the ball, not his opponent. A side tackle is made with the inside of the foot and inside of the leg; a split tackle is made by

dropping to one knee and kicking the ball with the toe of the other foot, which is extended forward.

6. Passing.—Passing the ball from one player to another is accomplished with the toe, inside or outside of the foot, or with the head.

7. Playing positions.—The five forwards are the offensive players; the center forward is usually the shooter of goals and the general of the forward line; the inner forwards play slightly behind the center and the wings, roving back and forth to cooperate with these players; the outside forwards or wings usually attempt to kick the ball across the field for the center or inners to shoot. The three halfbacks back up the forward line, feed passes to the forwards, and cover the opposing outside forwards and center forward; in addition, the two wing halfbacks make the throw-ins and take the free kicks; the center halfback usually captains the team. The two fullbacks assist the goalkeeper in defending the goal, and seldom advance much in front of the penalty area. They take the goal kicks and cover the wing forwards. The goalkeeper rarely leaves the area immediately in front of the goal posts; he may use his hands or arms in playing the ball, and to prevent goals generally catches the ball, deflects it from the goal with open or closed hands, or the body, or even in certain instances kicks it as it approaches the goal. A caught ball is never dropped, but is kicked by the goalkeeper usually toward the wings.

CHAPTER 10

SOFTBALL

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-3

SECTION I

ABRIDGED RULES

Rule 4. Teams, players and substitutes.—SECTION 1. A team shall consist of 10 players whose positions shall be designated as follows: catcher, pitcher, first baseman, second baseman, third baseman, shortstop, short fielder, left fielder, center fielder, and right fielder. Players of the team in the field may be stationed at any points on fair ground which their captain may elect, except that the pitcher, while in the act of delivering the ball to the batsman, must take his position as defined in rule 8 and the catcher must be within the lines of his position.

SEC. 2. No team shall be permitted to start or to continue a game with less than 10 players and each side should have sufficient substitutes to carry out the provisions of this section.

SEC. 3. A substitute may take the place of a player whose name is in his team's batting order, but the player for whom he is substituted shall not thereafter participate in the game, except as coacher.

SEC. 4. A base-runner may have another player run for him by and with the consent of the opposing captain or manager, and when such permission is given both the regular runner and the relief runner shall be eligible for further participation in the game.

SEC. 5. A player shall be considered in the game when his name has been entered upon the official score sheet or has been announced and if another player is substituted for such entered or announced player he shall not again participate in that game, except as coacher.

Rule 5. The game.—SECTION 1. A regulation game shall consist of seven innings, unless the team second at bat scores more runs in six innings than the team first at bat has scored in seven innings.

SEC. 2. It is a regulation game if the team last at bat in the seventh inning scores the winning run before the third man is out.

SEC. 3. It is a regulation game if it be called by the umpire on account of darkness, rain, fire, panic, or other cause which puts the patrons or players in peril, provided five or more innings have been played by each side; or if the team second at bat shall have scored

SPORTS AND GAMES

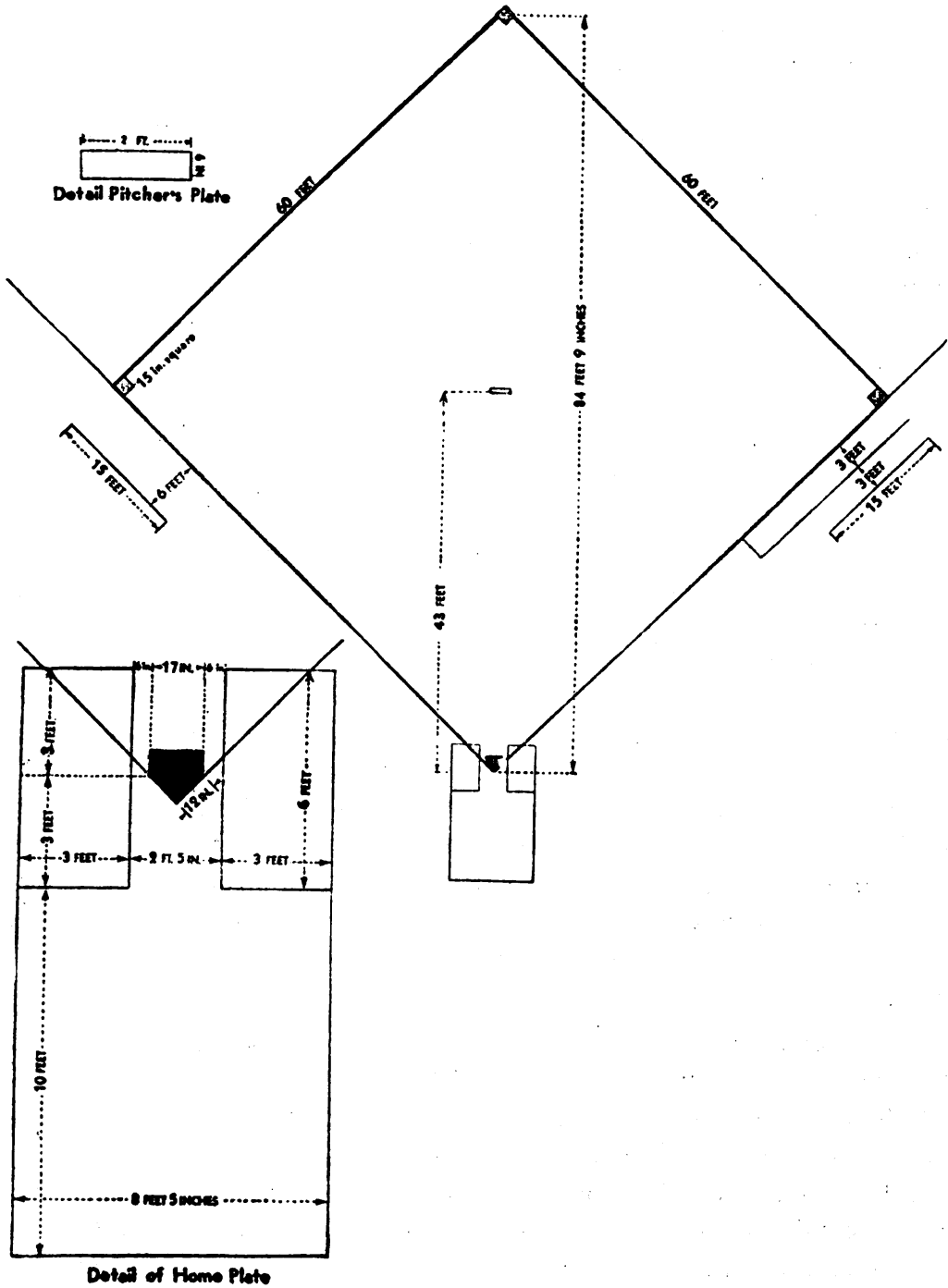


FIGURE 43.—Plan of softball diamond.

more runs at the end of its fourth inning or in any part of its fifth than the team first at bat has scored in five completed innings.

When a game is called in any inning after the fifth, the score shall be what it was at the time the game was called if the team second at bat has more runs than the team first at bat, or if the team second at bat has in that inning tied the score. If the team second at bat has less runs than the team first at bat when the game is called the score shall be that of the last completed inning by both sides.

SEC. 4. If the game be a tie at the end of seven innings for each team, play shall be continued until one side has scored more runs than the other in an equal number of innings; provided that, if the side last at bat scores the winning run before the third man is out in any inning after the seventh, the game shall terminate and be a regulation game.

SEC. 5. A regulation drawn game shall be declared by the umpire if the score is equal on the last even inning played, when he terminates play in accordance with section 3 of this rule after each team has played five or more complete innings. If the side that went second to bat is at bat when the game is terminated, and has scored in the incompleting inning the same number of runs as the other side, the umpire shall declare the game drawn without regard to the score of the last equal inning. If the side last at bat shall, before the completion of its fifth inning, equal the score made by the opposing side in five complete innings, the game shall be legally drawn.

Rule 8. Pitching rule.—*a.* Preliminary to pitching, the pitcher shall come a full stop, facing the batsman, with the ball held in both hands in front of the body, and with both feet squarely on the ground and in contact with the pitcher's plate, for not less than 1 second before taking one hand off the ball at the start of the wind-up or back-swing.

NOTE.—One second of time may be determined by repeating at ordinary conversational speed the words, "One thousand and one."

b. The pitcher shall not be considered in pitching position unless the catcher is in position to receive the pitch.

c. In the act of delivering the ball to the batsman the pitcher shall not take more than one step, which must be forward and toward the batsman. *The step must be taken simultaneously with the delivery of the ball to the batsman.*

d. A legal delivery shall be a ball which is delivered to the batter underhand and with a follow-through of the hand and wrist past the straight line of the body before the ball is released. The pitcher may use any wind-up he desires providing that in the final delivery of the

ball to the batter, the hand shall be below the hip and the wrist not farther from the body than the elbow.

e. At no time during the progress of the game shall the pitcher be allowed to use tape, or other substance, upon the pitching hand or fingers; nor shall any foreign substance be applied to the ball, provided that, under the supervision and control of the umpire, powdered resin may be used to dry the hands.

No pitch.—No pitch shall be declared whenever the pitcher pitches during a suspension of play or when he attempts a quick return of the ball before the batsman has taken position or is off balance as the result of a previous pitch.

Rule 9. Illegal pitches.—An illegal pitch, entitling the base-runner or runners to advance one base, shall be called by the umpire as follows; and in each of the cases cited a ball shall also be called in favor of the batsman:

1. Any delivery of the ball to the batsman without previously taking position as defined in *a* and *b*, rule 8.
2. If the pitcher takes more than one step before releasing the ball.
3. Final delivery of the ball to the batsman with the hand above the hip and the wrist of the pitching arm farther from the body than the elbow—*d*, rule 8.
4. Failure to follow through with the hand and wrist past the straight line of the body—*d*, rule 8.
5. Rolling the ball along the ground or dropping the ball, by the pitcher while the pitcher is in pitching position.
6. Holding the ball by the pitcher more than 20 seconds.
7. Making any motion to pitch without immediately delivering the ball to the batsman.
8. Delivery of the ball to the batsman when the catcher is outside the lines of the catcher's position.
9. *If the pitcher continues to wind-up after taking the step—c*, rule 8.
10. If the pitcher takes pitching position on or near the pitcher's plate without having the ball in his possession.

In each of the foregoing cases the ball shall be dead and not in play until again put in play at the pitcher's box, provided, however, that if the batsman strikes at it and hits into *fair territory*, any of the foregoing illegal pitches, then there *shall be no penalty* for such illegal pitch and the ball *shall remain in play*, and base-runners may run bases or be put out as though the ball had been legally pitched.

Rule 16. A foul tip.—A foul tip is a ball batted by the batsman while standing in the lines of his position that goes sharp and direct to the hands of the catcher and is legally caught.

Any foul tip caught is a strike and the ball remains in play.

A foul hit ball which rises higher than the batsman's head shall not be a foul tip under this rule.

Rule 20. When batsman is out.—The batsman is out—

SEC. 3. If he makes a foul hit, other than a foul tip as defined in rule 16, and the ball is caught by a fielder before touching the ground: provided it is not caught in the fielder's hat, cap, protector, pocket, or other part of his uniform, or does not strike some object other than a fielder before being caught.

SEC. 4. If he bats the ball illegally.

SEC. 5. If he bunts foul after the second strike.

SEC. 6. If he attempts to hinder the catcher from fielding or throwing the ball by stepping outside the lines of the batsman's position, or in any way obstructs or interferes with that player; except that if a base-runner attempting to steal is put out the batsman shall not be out; except, also, that the batsman shall not be out under this section if the base-runner is declared out.

SEC. 7. Immediately after he has three strikes if there are no outs or one out *and* there is a runner on first base, or runners on first and second bases, or runners on first, second, and third bases, or runners on first and third bases.

SEC. 8. If the third strike struck at and missed touches any part of the batsman's person.

SEC. 9. If, before two are out, while first and second, or first, second, and third bases are occupied, he hits a fair fly ball, other than a line drive, *or a bunted fly ball*, that is handled or in the opinion of the umpire would have landed within or near the base lines.

SEC. 10. If he steps from one batsman's box to the other while the pitcher is in his position ready to pitch.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Pitching	2
Shortfield.....	3

1. General description.—Softball is similar to regulation baseball, with the following exceptions: shorter distances between bases; bat smaller in length and thickness; ball larger in size; underhand

pitching only; 10 players instead of 9; 7 innings instead of 9; base stealing not permitted until ball has left pitching hand. Use suggestions in baseball section except where indicated here.

2. Pitching.—*a. Wind-up.*—The windmill wind-up is accomplished by swinging the pitching arm and hand around in a circle and on a vertical plane, from front to back, the ball being released on any one of a number of swings when the hand is between knee and waist height. The figure-eight wind-up is accomplished by swinging the pitching arm and hand in a horizontal plane from front to back about hip high with the ball held facing the ground, and then swinging the hand to the front of the body still in a horizontal plane where the ball is released, the movement of the hand representing a horizontal figure eight from front to back.

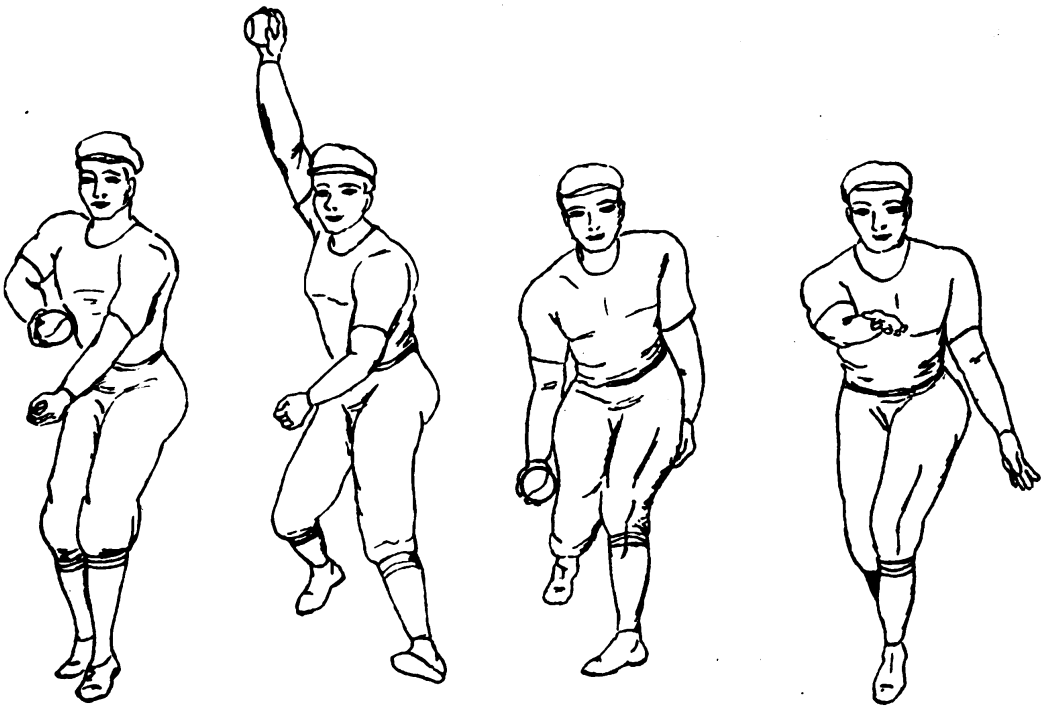


FIGURE 44. Windmill wind-up and pitch.

b. Types of pitches.—(1) *Fast ball.*—The ball is gripped by the thumb on the top seam and the first and second fingers on the bottom seam, forming a triangle. The third and little fingers are bent back into the palm of the hand, and the palm is turned toward the pitcher when the ball is released; the ball rolls off the tip of the first finger.

(2) *Slow ball.*—The ball is gripped by the thumb and little finger, with the knuckles of the other fingers pressing against it.

(3) *Curves.*—Curves by a right-handed pitcher with a right-handed hitter at bat; in the incurve the ball is held in the same grip

as in the fast ball, but the release differs; the thumb and first finger grip the ball tightly as it is released, imparting a spin by rotating toward the right. In the outcurve the grip is the same as in the incurve except that the wrist is twisted sharply so that the palm is turned away from the pitcher when the ball is released, the thumb and first finger imparting a spin toward the left. In the drop the ball is gripped with the thumb on top and the first three fingers

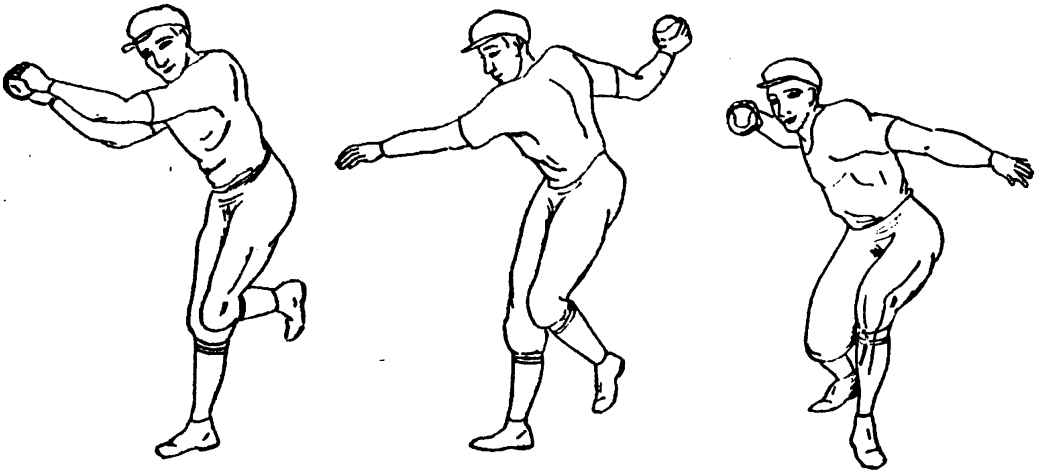


FIGURE 45.—Figure-eight wind-up and pitch.

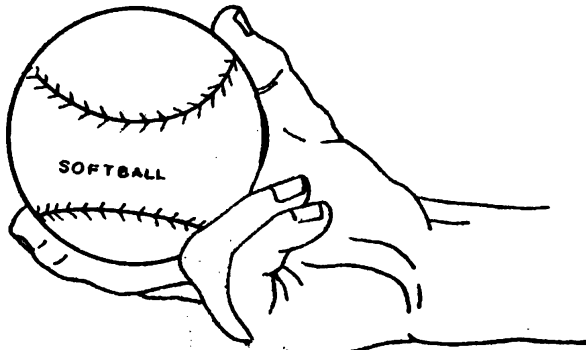


FIGURE 46. Grip for fast ball, incurve, or outcurve.

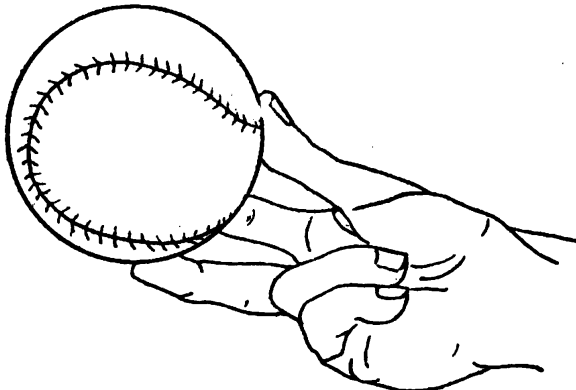


FIGURE 47.—Fast ball release.

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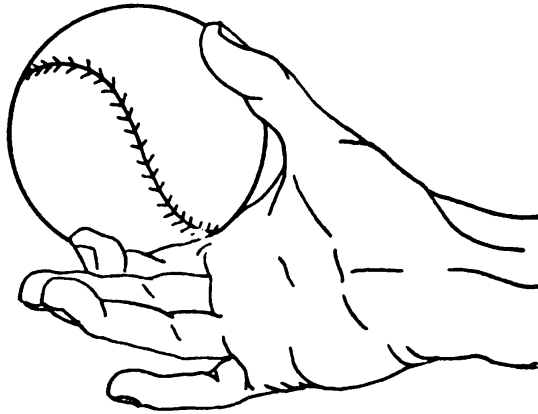


FIGURE 48.—Incurve release.

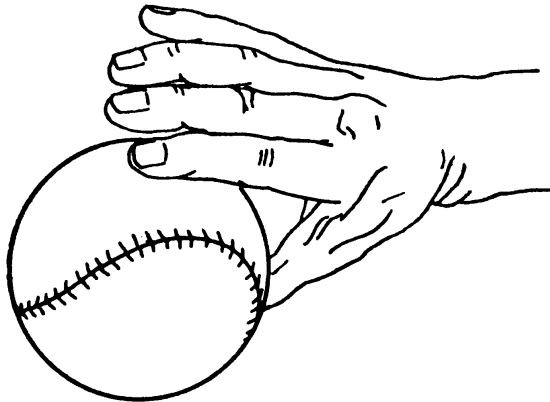


FIGURE 49.—Outcurve release.

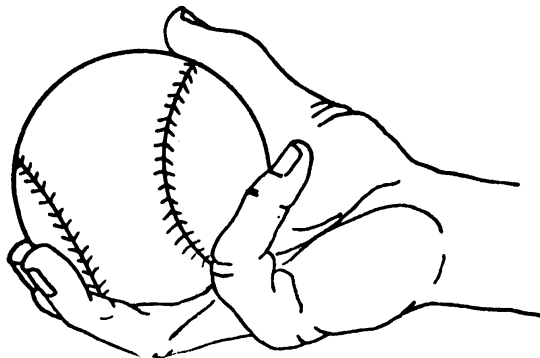


FIGURE 50.—Drop grip.



FIGURE 51.—Drop release.

together below, the little finger being bent back; as the ball is released the palm is turned upward and the ball rolls off the three fingers with a vertical spin.

(4) *Raise ball.*—In the raise ball the first, second, and third fingers grip the top of the ball, with the thumb at the bottom; as the ball is released the hand is turned upward, with the palm down, a flick of the wrist and friction from the fingers giving it a considerable backspin.

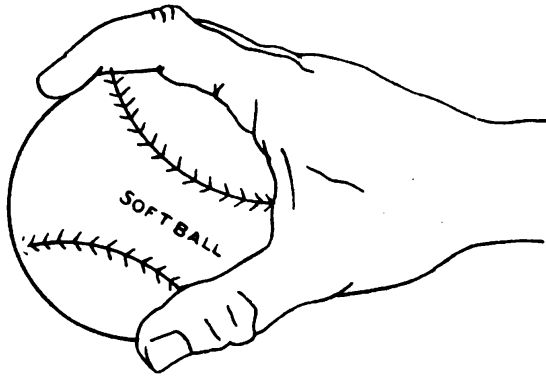


FIGURE 52.—Raise ball grip.

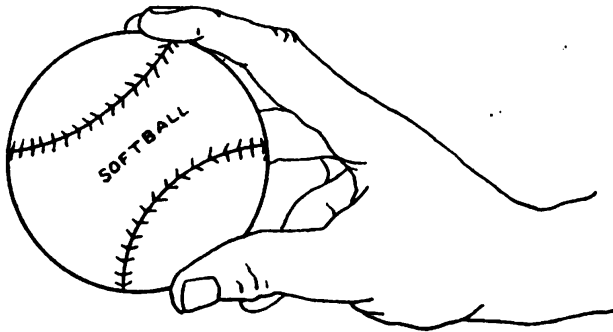


FIGURE 53.—Raise ball release.

3. Shortfield.—The short-centerfielder plays directly back of second base and works with the shortstop and the second baseman in fielding balls and covering second base, taking the throw to second base in many instances where the shortstop would take the ball in regulation baseball.

SPORTS AND GAMES

RULE CHANGES

SPORTS AND GAMES

CHAPTER 11

SPEEDBALL

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES

General.—*The field.*—360 feet long and 160 feet wide (a regulation football field).

Players.—Eleven on a team. The goalie has no special privileges.

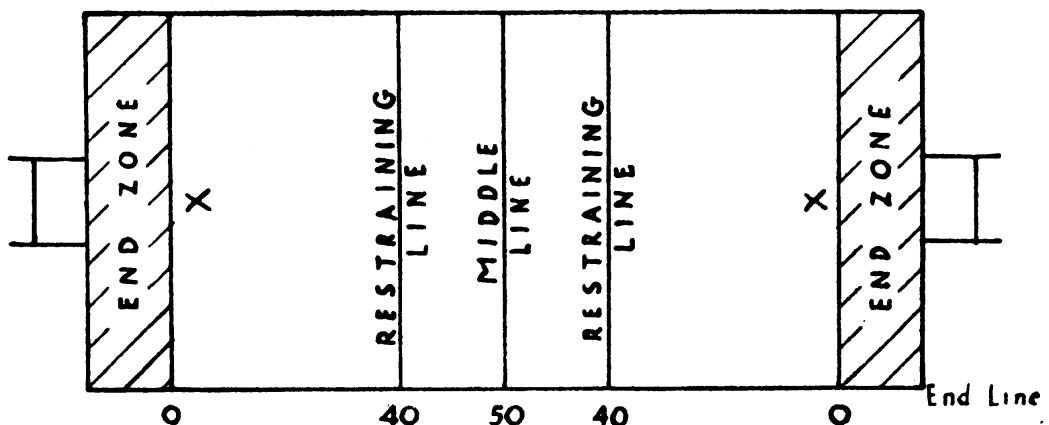
Time.—10-minute quarters, 2 minutes between.

10 minutes between halves.

5 minutes for extra overtime periods.

Begin first overtime by a "tie ball" at center, same goals, then change goals in the event of a second overtime period.

NOTE.—In Army use it is recommended that the quarters be 8 minutes each with a 5-minute intermission between halves.



X - Penalty Mark

FIGURE 54.—Plan of speedball field.

Equipment.—No metal cleats are allowed. Regulation football shoes are recommended.

Winner of toss.—Has the choice of kicking, receiving, or defending a specific goal.

Loser of toss.—Option as above at beginning of second half.

Between quarters.—Given to team in possession—out of bounds, as in basketball.

The game.—The game is started with a kick-off from the kicking team's own 50-yard line, both teams being required to remain back of their respective restraining lines until the ball is kicked.

The most characteristic feature of the playing rules of speedball is the differentiation between a fly ball (or aerial ball) and a ground ball. A player is not permitted to touch a ground ball with his hands and must play it as in soccer. A fly ball is one that has risen into the air directly from the foot of a player (example: punt, drop kick, place kick, or kick-up). Such a ball may be caught with the hands provided the catch is made before the ball strikes the ground again. A kick-up is a ball that is so kicked by a player that he can catch it himself. A bounce from the ground may not be touched with the hand for it has touched the ground since being kicked. This rule prohibits the ordinary basketball dribble but one overhead dribble (throwing the ball into the air and advancing to catch it before it hits the ground) is permitted.

If a team causes the ball to go out of bounds over the side lines a free throw-in (any style) is given to the opposing team. Should the ball go over the end line without scoring the ball is given to the opponents, who may pass or kick from out of bounds at that point.

In case two players are contesting the possession of a held ball, even in the end zone, a tie ball is declared and the ball is tossed up between them.

Kick-off.—This is made by a place kick from any place on or behind the 50-yard line of kicking team. Team *A* (the kicking team) must be behind ball when it is kicked. Team *B* must stay back of restraining line (center of field) until ball is kicked. (Penalty—a violation.) Ball must go 10 yards before *A* may play unless first played by *B*. (Penalty—violation.) Kick-off out of bounds, to opponents at that spot. Kick-off touched by *B* and goes out of bounds, no impetus added, still belongs to *B*. Kick-off in possession and control of *B* and then fumbled out of bounds, belongs to *A* at that spot. A field goal from kick-off (under crossbar, etc.) scores 3 points.

Scoring methods.—*Field goal* (3 points).—A soccer type kick in which a ground ball is kicked under crossbar and between goal posts from field of play or end zone. (A punt going straight through is not a field goal for it is not a ground ball. The ball must hit the

ground first.) A drop kick from the field of play that goes under a crossbar does not count as a field goal. A drop kick from the end zone under crossbar counts as a field goal; over the crossbar counts as a touchback.

Drop kick (2 points).—Must be made from the field of play and go over crossbar and between uprights.

End goal (1 point).—A ground ball which receives its impetus (kicked or legally bodied) from any player, offensive or defensive, in the end zone and passes over the end line but not between the goal posts.

Penalty kick (1 point).—A ball kicked from the penalty mark that goes between goal posts and under crossbar. The penalty mark is placed directly in front of the goal at the center of the goal line.

Touchdown (1 point).—A forward pass from field of play and completed in the end zone. (Player must be entirely in end zone. If he is on the goal line or has one foot on either side, no score, and play continues.) If player is on or outside side line, or end line, the ball is declared out of bounds. If a forward pass is missed the ball continues in play, but must be returned to field of play before another forward pass or drop kick may be made.

Substitutions.—May be made any time when the ball is not in play. If a player is withdrawn he may not return during that same period.

Time out.—Three legal time-outs of 2 minutes each are permitted during the game.

Fouls.—*Personal* (four disqualify).

Kicking, tripping, charging, pushing, holding or blocking.

Unnecessary roughness of any kind, such as running into opponent from behind.

Kicking at a fly ball and thereby kicking an opponent.

Technical.

Illegal substitution.

More than 3 time-outs in a game.

Unsportsmanlike conduct.

Unnecessarily delaying the game.

Violation.

Traveling with the ball.

Touching ground ball with hands or arms.

Double overhead dribble.

Violating tie ball.

Kicking or kneeling a fly ball before catching it. (If actually kicks opponent it is a personal foul.)

Penalties.—(The offended player shall attempt the kick).

<i>Type</i>	<i>Location</i>	<i>Penalty</i>
Personal	In field of play	1 with no follow-up
Technical	do.	1 with no follow-up
Violation	do.	Out of bounds to opponent
Personal	In end zone	2 with follow-up on last
Technical	do.	1 with follow-up
Violation	do.	1 with follow-up

Summary of fouls.—Fouls in the field of play allow no follow-up while fouls in the end zone always allow at least one follow-up.

On penalty kicks, with no follow-up, only the kicker and goalie are involved.

On penalty kicks, with a follow-up, the kicking side is behind the ball and the defending side behind end line or in field of play. No one is allowed in end zone or between goal posts. The kicker cannot play the ball again until after another player plays it and he must make an actual attempt at goal.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Passing.....	2
Kicking.....	3
Special skills.....	4
Strategy.....	5
Variations.....	6

1. General description.—Speedball is a game offering vigorous and varied action with plenty of scoring opportunities. It is easy to learn and provides spontaneous fun. Little equipment is needed—a ball and old clothes will do. Speedball combines the kicking, trapping, and intercepting elements of soccer, with the passing game of basketball, and the punting, drop kicking, and scoring pass of football. Two teams of 11 men each play the game under official rules, but any number of players may successfully constitute a team. An inflated leather ball, usually a soccer ball or small basketball, is used. The playing field contains football goal posts at each end. The game starts with a football kick-off, the receiving team then advancing the ball toward the opposite goal by passing, kicking, or bouncing it off the body. Running with the ball is not allowed so that there is no tackling or interference. When the ball touches the

ground, it cannot be picked up with the hands or caught on the bounce, but must be played as in soccer until it is raised into the air directly from a kick; then the hands are again eligible for use. When the ball goes out of bounds over the sidelines, it is given to a player of the team opposite that forcing the ball out, and is put into play with a basketball throw-in; when it goes over the end line without a score, it is given to a player of the opposing team who may either pass or kick it onto the field. When two opposing players are contesting the possession of a held ball, the official tosses the ball up between them as in basketball. Points are scored either by kicking the ball under the crossbar of the goal posts, drop kicking the ball over the crossbar, completing a forward pass into the end zone for a touchdown, or kicking the ball from within the end zone over the end line.

2. Passing.—The ball may be passed in any direction to any player, or advanced by one overhead dribble which the passer himself may catch; however, in all instances, the passer cannot handle a ball with his hands unless he has received it as a fly ball, that is, a ball that has been received as a pass, or raised into the air directly from a kick by one or two feet. (For fundamental skills in passing see ch. 4.)

3. Kicking.—A ball while in play may be punted, drop kicked, or dribbled with the feet, except that a loose fly ball cannot be kicked. (For fundamental skills in kicking see ch. 9.)

a. In addition to kicking, heading and bouncing the ball off the body (ch. 9) are the only means of playing a ground ball, that is, a ball which is stationary, rolling, or bouncing on the ground. Such ball cannot be played with the hands or any part of the arm below the elbow.

4. Special skills.—Speedball, in addition to borrowing some of the most desirable features of soccer, basketball, and football, has developed some special skills of its own. In general these are used to make the transition from ground play to aerial play. The kick-up is a play in which a player handles the ball with the feet so that it is lifted into the air and played with his own hands. The technique of this play varies accordingly as the ball is rolling or still. In the case of a rolling or bouncing ball, the timing is such that the foot is raised at the proper moment to project the ball upward. If the ball is still, the kick-up involves a backward spin with the foot, so that the toe may be inverted under the ball to give it the necessary raise. There is also the pick-up in which the player stands with

both feet pressed against the ball and by hopping into the air is able to propel the ball into his waiting hands.

5. Strategy.—A few hints on strategy are offered as suggestions for the development of team play. In general, the styles of play in soccer are relied upon when kicking is involved and basketball plays similarly are called upon when the aerial attack is under way. If the opponents are using a strong overhead game, it is good strategy to ground the ball at every opportunity. The converse is true if the opponents are especially adept at the kicking game. The drop kick is often used in the same manner as the long shot in basketball, namely, to draw out a massed defense in front of the goal and open the scoring opportunities. When sufficient time for the development of teamplay is available, set plays can be devised for out-of-bound situations.

6. Variations.—Speedball is sometimes played under a modification which brings in the element of touch football. This change is introduced by permitting a player who is holding the ball to run with it until tagged by an opponent. A touchdown may be scored by carrying the ball over the goal line. If a player is tagged while carrying the ball, a violation is called and he forfeits the ball to the opponents to be put in play from out of bounds.

CHAPTER 12

TABLE TENNIS

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-4

SECTION I

ABRIDGED RULES

5. The scoring of points.—A game shall be won by the player who first wins 21 points, unless both players shall have scored 20 points, when the winner of the game shall be the one who first wins 2 points more than his opponent.

6. The choice of ends and service.—The choice of ends and the right to be server or striker-out in every match shall be decided by toss, provided that, if the winner of the toss choose the right to be server or striker-out, the other player shall have the choice of ends, and vice versa, and provided that the winner of the toss may, if he prefer it, require the other player to make the first choice.

7. The change of ends and service.—After 5 points the striker-out shall become the server, and the server striker-out, and so on after each 5 points until the end of the game or the score 20 all. At the score 20 all the striker-out shall become the server, and the server the striker-out, and so on after each point until the end of the game. The player who served first in a game shall be striker-out first in the immediately subsequent game, and so on until the end of a match.

The player who started at one end in a game shall start at the other in the immediately subsequent game, and so on until the end of the match. Where the match consists of only 1 game, or, where it consists of more than 1 game, in the deciding game of the match, the players shall change ends at the score of 10.

10. A good service.—The service shall be delivered by the server releasing the ball by hand only, without imparting of spin. The ball shall then be struck so that it touch first the server's court and then, passing directly over or round the net, touch the striker-out's court.

At the moment of the impact of the racket on the ball in service, both shall be behind the end line of the server's court and between an imaginary continuation of the side lines.

11. A good return.—A ball having been served or returned in play shall be struck by the player so that it pass directly over the net

or round the net and touch directly the opponent's court; provided that, if the ball, having been served or returned in play, returns with its own impetus over the net or round the net, it may be struck, while still in play, by the player so that it touch directly the opponent's court.

12. A let.—The rest is a let—

a. If the ball served in passing over the net touch it or its supports, provided the service either be otherwise good or be volleyed by the striker-out.

b. If a service be delivered when the striker-out is not ready, provided, always, that he may not be deemed to be unready if he attempt to strike at the ball.

c. If either player be prevented by an accident, not under his control, from serving a good service or making a good return.

d. If either player lose the point, as provided in law 13 *c*, *d*, *e*, or law 14 owing to an accident not within his control.

13. A point.—Either player shall lose a point—

a. If he fail to make a good service, except as provided in law 12.

b. If a good service or a good return having been made by his opponent, he fail to make a good return, except as provided in law 12.

c. If he, or his racket, or anything that he wears or carries, touch the net or its supports while the ball is in play.

d. If he, or his racket, or anything that he wears or carries, move the playing surface while the ball is in play.

e. If his free hand touch the playing surface while the ball is in play.

14. A point.—Either player shall lose the point—

a. If, before the ball in play shall have passed over the end lines or side lines, not yet having touched the playing surface on his side of the table since being struck by his opponent, it come in contact with him or anything that he wears or carries.

b. If at any time he volley the ball, except as provided in law 12*a*.

15. In play.—The ball is in play from the moment at which it is projected or dropped from the hand in service until—

a. It has touched one court twice consecutively.

b. It has, except in service, touched each court alternately without having been struck by the racket intermediately.

c. It has been struck by either player more than once consecutively.

d. It has touched either player or anything that he wears or carries, except his racket or his racket hand below the wrist.

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e. On the volley it come in contact with the racket or the racket hand below the wrist.

f. It has touched any object other than the net, supports, or those referred to above.

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19. A good service.—The service shall be delivered as otherwise provided in law 10, and so that it touch first the server's right half court or the center line on his side of the net, and then, passing directly over or around the net, touch the striker-out's right half court or the center line on his side of the net.

20. The choice of order of play.—The pair who have the right to serve the first 5 services in any game shall decide which partner shall do so, and the opposing pair shall then decide similarly which shall first be striker-out.

21. The order of service.—The first 5 services shall be delivered by the selected partner of the pair who have the right to do so, and shall be received by the selected partner of the opposing pair. The second 5 services shall be delivered by the striker-out of the first 5 services and received by the partner of the server of the first 5 services. The third 5 services shall be delivered by the partner of the server of the first 5 services and received by the partner of the striker-out of the first 5 services. The fourth 5 services shall be delivered by the partner of the striker-out of the first 5 services and received by the server of the first 5 services. The fifth 5 services shall be delivered as the first 5 services, and so on, in sequence until the end of the game or the score 20 all, when the sequence of serving and striking-out shall be uninterrupted, but each player shall serve only one service in turn until the end of the game. In a 1-game match, or in the deciding game of a match of more than one game, the pair that served the first 5 services have the right to alter their order of striking-out or that of their opponents at the score of 10.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description	1
Grip.....	2
Strokes	3
Serving.....	4

1. General description.—Table tennis is similar to regulation tennis in that a ball is struck over a net by opposing players. How-

ever, table tennis is played on a wooden table with small rubber-faced wooden paddles or rackets and a small celluloid ball.

2. Grip.—The short handle of the paddle or racket is held with a grip similar to the orthodox tennis grip, with the handle completely encased by the hand, with the blade itself partially held in the hand, the thumb being used on the left side of the blade for backhand shots, and the forefinger being placed up the right side of the blade close to the edge for forehand shots, the blade being held perpendicular to the ground at the start of most shots.

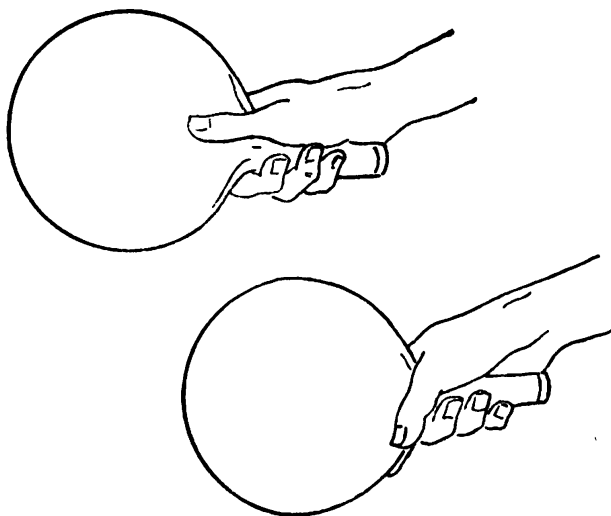


FIGURE 55.—Orthodox grip, backhand and forehand.

3. Strokes.—The half-volley or push shot, the main defensive stroke, is accomplished by meeting the ball directly after it touches the table with a gentle forward stroke of the racket which lifts and carries it forward at the same time. The forehand top-spin drive is the main offensive stroke and is accomplished by striking the ball on the falling part of the bounce with a vigorous motion, the swing of the arm being forward and upward and the racket being tilted forward just as it contacts the ball to impart spin. The backhand drive is similar to the forehand drive, except that the stroke is shorter, the ball preferably being hit on the rising part of the bounce, the racket being held with the thumb supporting the blade, and a snap of the wrist being used at the end of the stroke. The forehand chop, a primary defensive stroke, starts about shoulder high and swings forward and downward with a motion like a short hatchet blow, the blade of the racket being tilted back, giving a backspin to the ball as it leaves the racket. The backhand chop similarly uses a tilted racket, the stroke commencing at the chin and ending at the waist. The drop shot is accomplished by swinging the racket as if

about to drive but stopping the forward motion of the racket just before striking the ball and letting it hit the racket instead, causing a sudden short return of the ball which just drops over the net. The smash shot is rarely used, but is effective where the ball to be hit bounces higher than the net, allowing a vicious swing which is forward, or forward and down, with the weight of the body behind the swing.

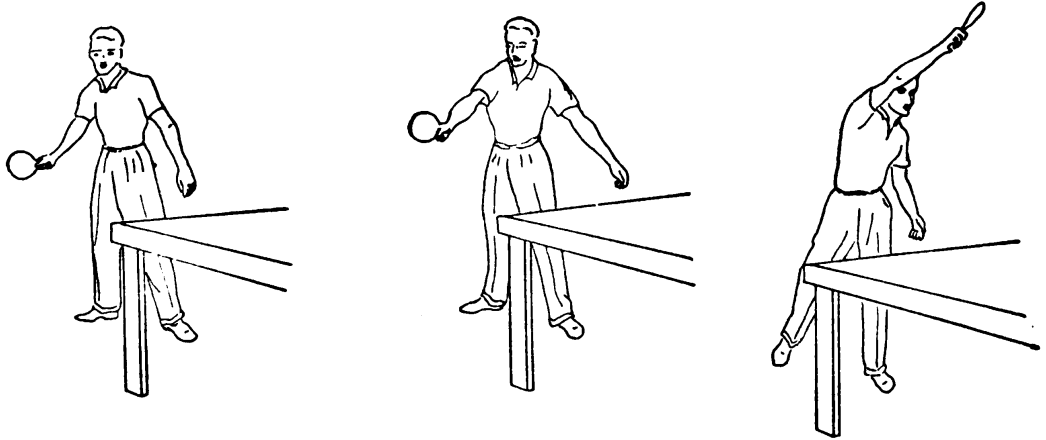


FIGURE 56.—Forehand topspin drive.

4. Serving.—For an ordinary forehand serve the ball is tossed up slightly above the table with the left hand and there met with the racket which has been swung in the same manner as making a forehand drive; for a forehand sidespin serve the racket is moved across the ball from right to left just as the racket strikes the ball, with the head of the racket nearly vertical and the ball being struck directly in front of the player just after it leaves the left hand; for a backhand sidespin serve the racket is wiped across the ball from left to right, the ball being released from the left hand just as the racket passes in front of the player. Proper spin is an essential part of all effective serves.

CHAPTER 13

TENNIS

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-4

SECTION I

ABRIDGED RULES

Rule 4. *Sesrver and receiver.*—The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the “server,” and the other the “receiver.”

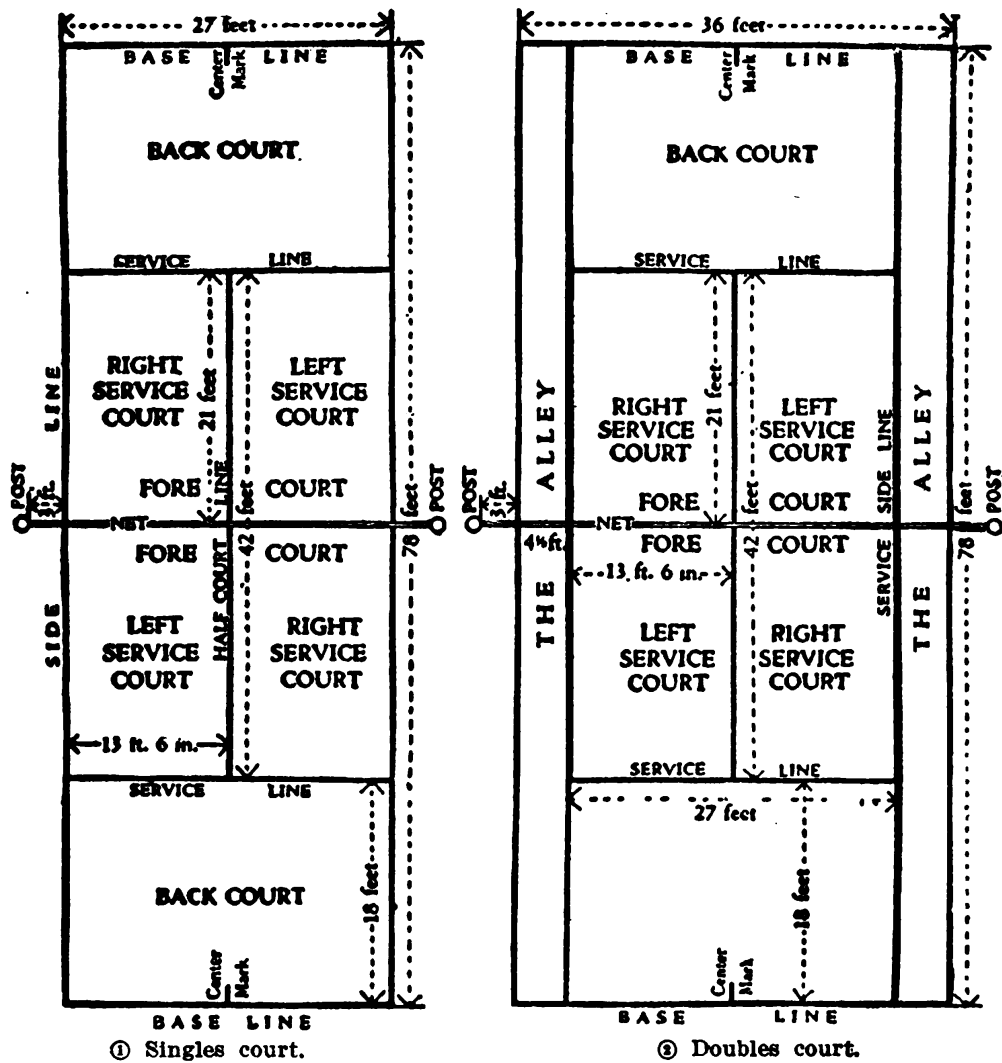


FIGURE 57.—Plans of tennis courts.

Rule 5. *Choice of sides and service.*—The choice of sides and the right to be server in the first game shall be decided by toss. The player winning the toss may choose, or request his opponent to choose—

a. The right to be server or receiver, in which case the other player shall choose the side; or

b. The side, in which case the other player shall choose the right to be server or receiver.

Rule 6. *How service is delivered.*—The service shall be delivered in the following manner. Immediately before commencing to serve the server shall stand with both feet at rest behind (i. e., farther from the net than) the base line, and within imaginary continuations of the center mark and side line. The server shall then project the ball by hand into the air in any direction and *before it hits the ground* strike it with his racket, and the delivery shall be deemed to have been completed at the moment of the impact of the racket and the ball. A player with the use of only one arm may utilize his racket for the projection.

Rule 7. *Foot fault.*—The server shall throughout the delivery of the service—

a. Not change his position by walking or running.

b. Maintain contact with the ground.

c. Keep both feet behind (i. e., farther from the net than) the base line.

Rule 8. *Service delivered from alternate courts.*—In delivering the service, the server shall stand alternately behind the right and left courts, beginning from the right in every game. The ball served shall pass over the net and hit the ground within the service court which is diagonally opposite, or upon any line bounding such court, before the receiver returns it.

Rule 9. *Faults.*—The service is a fault—

a. If the server commit any breach of rules 6, 7, or 8.

b. If he miss the ball in attempting to strike it.

c. If the ball served touch a permanent fixture (other than the net, strap, or band) before it hits the ground.

Rule 10. *Where ball is served after a fault.*—After a fault (if it be the first fault) the server shall serve again from behind the same half of the court from which he served that fault, unless it was a fault because he served from behind the wrong half, when he shall be entitled to deliver one service from behind the other half.

A fault may not be claimed after the next service has been delivered.

Rule 11. *Ball not to be served till receiver is ready.*—The server shall not serve until the receiver is ready. If the latter attempt to return the service, he shall be deemed ready. If, however, the receiver signify that he is not ready, he may not claim a fault because the ball does not hit the ground within the limits fixed for the service.

Rule 12. *A let.*—The service is a let—

a. If the ball served touch the net, strap, or band, provided the same be otherwise good.

b. If a service or fault be delivered when the receiver is not ready (see rule 11). In case of a let, the service counts for nothing, and the server shall serve again, but a let does not annul a previous fault.

Rule 13. *When receiver becomes server.*—At the end of the first game the receiver shall become server, and the server, receiver; and so on alternately in all the subsequent games of a match. If a player serve out of turn, the player who ought to have served shall serve as soon as the mistake is discovered. All points scored before such discovery shall be reckoned, but a single fault served before such discovery shall not be reckoned. If a game shall have been completed before such discovery, the order of service shall remain as altered.

Rule 14. *Ball in play till point is decided.*—A ball is in play from the moment at which it is delivered in service (unless a fault or a let), and remains in play till the point is decided.

Rule 15. *When server wins point.*—The server wins the point—

a. If the ball served touch the receiver or anything which he wears or carries before it hits the ground.

b. If the receiver otherwise lose the point as provided by rule 17.

Rule 16. *When receiver wins point.*—The receiver wins the point—

a. If the server serve two consecutive faults.

b. If the server otherwise lose the point as provided by rule 17.

Rule 17. *When player loses point.*—A player loses the point if—

a. He fail, before the ball in play has hit the ground twice consecutively, to return it directly over the net (except as provided in rule 20*a* or *c*).

b. He return the ball in play so that it hits the ground, a permanent fixture, or other object, outside any of the lines which bound his opponent's court (except as provided in rule 20*a* and *c*).

c. He volley the ball and fail to make a good return even when standing outside the court.

d. He touch or strike the ball in play with his racket more than once in making a stroke.

e. He or his racket (in his hand or otherwise) or anything which he wears or carries, touch the net, posts, cord, or metal cable, strap.

or band, or the ground within his opponent's court at any time while the ball is in play.

f. He volley the ball before it has passed the net.

g. The ball in play touch him or anything that he wears or carries, except his racket in his hand or hands.

h. He throw his racket at and hit the ball.

Rule 18. *Ball falling on line is in court.*—A ball falling on a line is regarded as falling in the court bounded by that line.

Rule 19. *Ball touching permanent fixture.*—If the ball in play touch a permanent fixture (other than the net, posts, cord, or metal cable, strap, or band) after it has hit the ground, the player who struck it wins the point; if before it hits the ground, his opponent wins the point.

Rule 20. *A good return.*—It is a good return—

a. If the ball touch the net, posts, cord, or metal cable, strap, or band, provided that it passes over any of them and hits the ground within the court.

b. If the ball, served or returned, hit the ground within the proper court and rebound or be blown back over the net, and the player whose turn it is to strike reach over the net and play the ball, provided that neither he nor any part of his clothes or racket touch the net, posts, cord, or metal cable, strap, or band, or the ground within his opponent's court, and that the stroke be otherwise good.

c. If the ball be returned outside the post, either above or below the level of the top of the net, even though it touch the post, provided that it hit the ground within the proper court.

d. If a player's racket pass over the net after he has returned the ball, provided the ball pass the net before being played and be properly returned.

e. If a player succeed in returning the ball, served or in play, which strikes a ball lying in the court.

Rule 21. *Interference.*—In case a player is hindered in making a stroke by anything not within his control, except a permanent fixture of the court, the point shall be replayed.

Rule 22. *Scoring.*—If a player wins his first point, the score is called 15 for that player; on winning his second point, the score is called 30 for that player; on winning his third point, the score is called 40 for that player; and the fourth point won by a player is scored *Game* for that player, except as follows:

If both players have won three points, the score is called *Deuce*; and the next point won by a player is scored *Advantage* for that player. If the same player wins the next point, he wins the game;

if the other player wins the next point, the score is again called *Deuce*; and so on, until a player wins the two points immediately following the score at *deuce*, when the game is scored for that player.

Rule 23. *How winner of set is decided.*—The player who first wins six games wins a set, except as follows: If both players have won five games, the score is called *Games-All*, and the next game won by a player is scored *Advantage Game* for that player. If the same player wins the next game, he wins the *Set*; if the other player wins the next game, the score is again called *Games-All*; and so on until a player wins two games more than his opponent, when the set is scored for that player.

Rule 24. *When players change sides.*—The players shall change sides at the end of the first, third, and every subsequent alternate game of each set, and at the end of each set, unless the total number of games in such set be even, in which case the change is not made until the end of the first game of the next set.

Rule 25. *Maximum number of sets.*—The maximum number of sets in a match shall be five.

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Rule 29. The foregoing rules shall apply to the doubles game except as follows:

Rule 31. *Partners serve in alternate games.*—The pair who have to serve in the first game of each set shall decide which partner shall do so, and the opposing pair shall decide similarly for the second game. The partner of the player who served in the first game shall serve in the third; the partner of the player who served in the second game shall serve in the fourth, and so on in the same order in all the subsequent games of a set. The order of service having been decided shall not be altered during the set, but it may be changed at the beginning of a new set.

Rule 32. *Partners receive in alternate games.*—The pair who have to receive the service in the first game of each set shall decide which partner shall receive the first service and the opposing pair shall decide similarly in the second game of each set. Partners shall receive the service alternately throughout each game and the order of receiving the service having been decided shall not be altered during the set, but it may be changed at the beginning of a new set.

Rule 33. *Procedure when player serves out of turn.*—If a partner serve out of his turn, the partner who ought to have served shall serve as soon as the mistake is discovered, but all points scored, and any fault served before such discovery, shall be reckoned. If a game

shall have been completed before such discovery, the order of service remains as altered.

Rule 34. *Error in order of receiving.*—If during a game the order of receiving the service is changed by the receivers it shall remain as altered until the end of the game in which the mistake is discovered, but the partners shall resume their original order of receiving in the next game of that set in which they are receivers of the service.

Rule 35. *Ball touching server's partner is a fault.*—The service is a fault as provided for by rule 9, or if the ball served touch the server's partner or anything which he wears or carries; but if the ball served touch the partner of the receiver or anything which he wears or carries, before it hits the ground, the server wins the point.

Rule 36. *Ball struck alternately by one or other of opposing teams.*—The ball shall be struck alternately by one or other player of the opposing pairs, and if a player touch the ball in play with his racket in contravention of this rule, his opponents win the point.

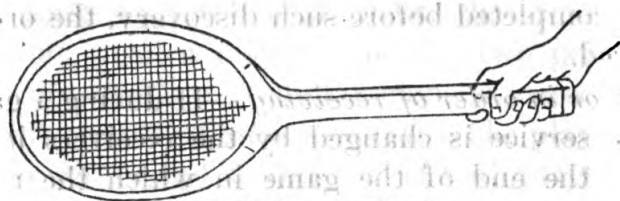
SECTION II

FUNDAMENTALS OF PLAY

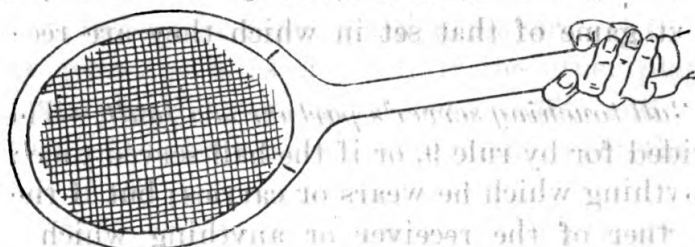
	Paragraph
General description.....	1
Grips	2
Strokes.....	3
Serves	4

1. General description.—Tennis is played on a grass, clay, or concrete and asphalt court, regularly marked off, one player (in singles) or two players (in doubles) playing on each side of a net stretched across the center of the court, rackets strung with gut or silk being used to strike a felt-covered rubber ball back and forth over the net, it being necessary to strike the ball before it hits the ground twice.

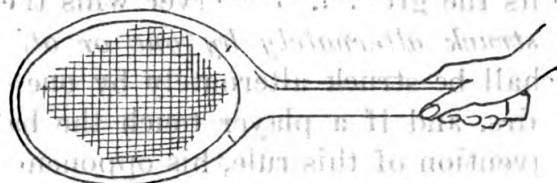
2. Grips.—In all grips the handle of the racket is grasped close to the end; in the “western” grip the racket is grasped as if the player were shaking hands with it, the face of the racket being parallel to the ground, the grip being the same for the forehand and the backhand; in the “eastern” grip the player likewise shakes hands with the racket, but the face is perpendicular to the ground, and the thumb is used across the back of the racket handle in the backhand strokes; in the “continental” grip the racket is held as in the eastern forehand, except that the palm of the hand is on top of the handle rather than behind it, the grip being the same for forehand and backhand.



① Eastern forehand.



② Western.



③ Eastern backhand.



④ Continental.

FIGURE 58.—Grips.

3. Strokes.—*a.* The forehand drive, the chief offensive stroke, is generally hit from the back portion of the court, the racket arm being drawn back just before the ball bounces in the player's court in what is called the "backswing," the arm, shoulder, and racket being nearly on a line, the right foot stepping toward the right as the backswing commences, with the body turning to the right; just before the forward swing commences the left leg is brought a little toward the right about a step to the front and at about a 45° angle to the net, the body then turning to the left and the body weight being transferred from the right foot to the left; the ball is struck as it drops from the crest of the first bounce when it is just ahead of the left hip, the racket arm being extended but slightly bent and

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the wrist being firm when the racket meets the ball, with the racket face perpendicular to the ground at the moment of impact in the ordinary drive; the knees are bent slightly; in the follow-through

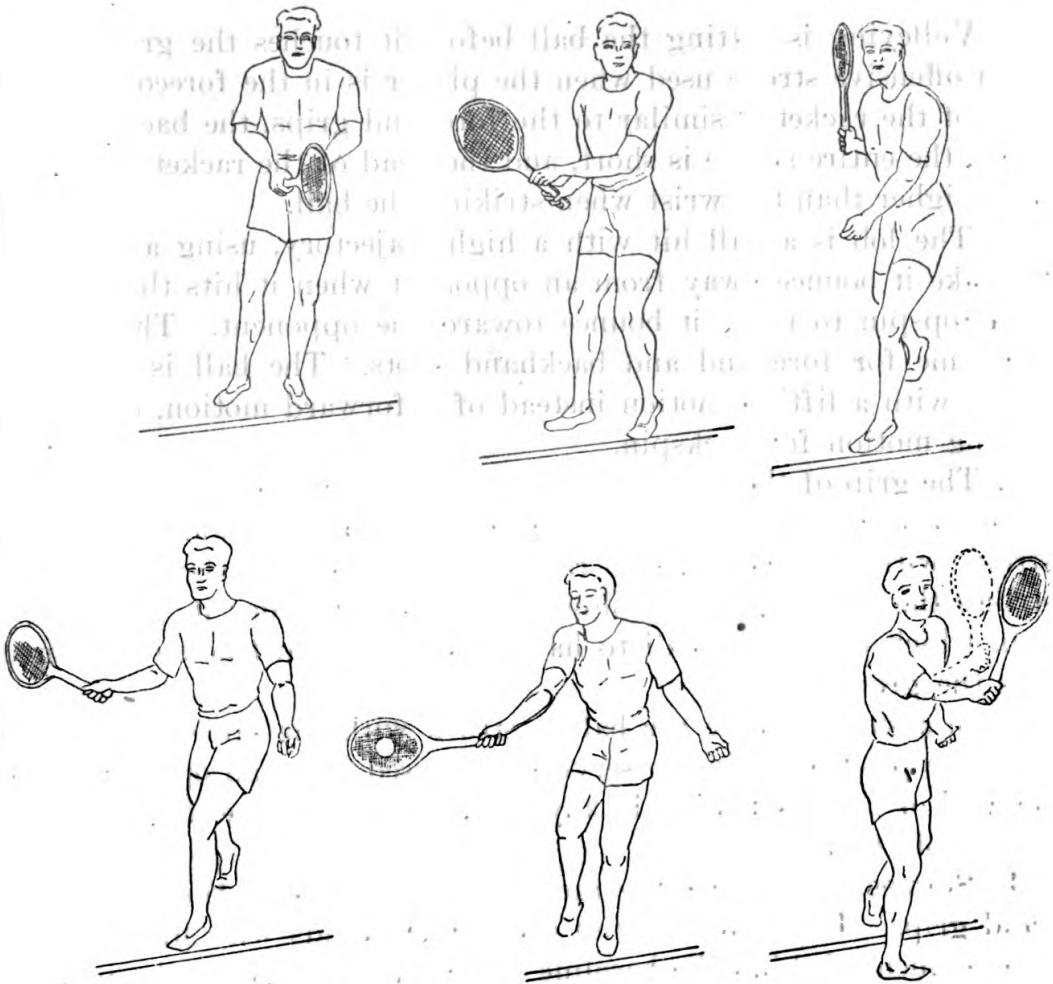


FIGURE 59.—Progressive steps in forehand drive.

which occurs after the ball is hit, the body continues to turn to the left with the racket arm and the racket continuing across the body until the racket is above and to the left of the left shoulder. To add a spin to the ball, which gives it a deceptive bounce, the ball is struck an upward glancing blow at the moment of impact which gives it a forward rotation or topspin.

b. In the backhand drive the foot movement and body balance are the reverse of that of the forehand drive; a backward swing, forward swing, and follow-through are used, the arm being fully extended when the racket strikes the ball with the ball about an arm's length to the left and about a foot in front of the right hip when struck, with the follow-through ending above and a little to the right of the right shoulder; the knees are slightly bent at the moment of impact;

the follow-through in a flat drive ends with the racket face vertical to the ground, and in a topspin backhand the back edge of the racket is tilted up at the end of the stroke due to the wiping blow with which the ball is struck.

c. Volleying is hitting the ball before it touches the ground. It is an offensive stroke used when the player is in the forecourt. The grip of the racket is similar to the forehand grips, the backswing is short, the entire stroke is short, and the head of the racket is usually held higher than the wrist when striking the ball.

d. The lob is a ball hit with a high trajectory, using a backspin to make it bounce away from an opponent when it hits the ground, or a topspin to make it bounce toward the opponent. The grip is the same for forehand and backhand shots. The ball is hit from below with a lifting motion instead of a forward motion, or with a cutting motion for backspin.

e. The grip of the racket in the chop is similar to that of the forehand or backhand drive, the motion being a downward chopping stroke with the face of the racket slanted backwards; the racket strikes the ball a glancing blow while passing under it, giving it a spin which causes the ball to have a low backward bounce when it hits the ground.

f. In a smash stroke the ball is struck with the same motion and the same position as in the service; it is used when an opponent lobs the ball or returns it high in any way, and if effective it is virtually impossible to return.

4. Serves.—To serve, the racket is held in one of the usual forehand grips. In the flat service the player stands with his left foot several inches behind the baseline and at a 45° angle to the net, the right foot being nearly parallel to the net and placed slightly behind the left; the left shoulder is toward the net with the line of the shoulders in the direction of the serve; the balls are held in the left hand and the racket in the right, in front about waist high; a ball is then thrown straight up into the air with the left hand at a distance slightly in front of the left foot; at the same time the racket is swung down behind the right leg, then up in the same continuous motion to a position behind the head where the head of the racket drops in a small loop and then is brought up to its highest position where the ball is struck with a downward motion, with the arm fully extended, the entire weight being on the left foot; in the follow-through the racket comes to rest in front of the body and the weight falls on the right foot which has come to rest slightly in front of the left. In the topspin service the motions and body

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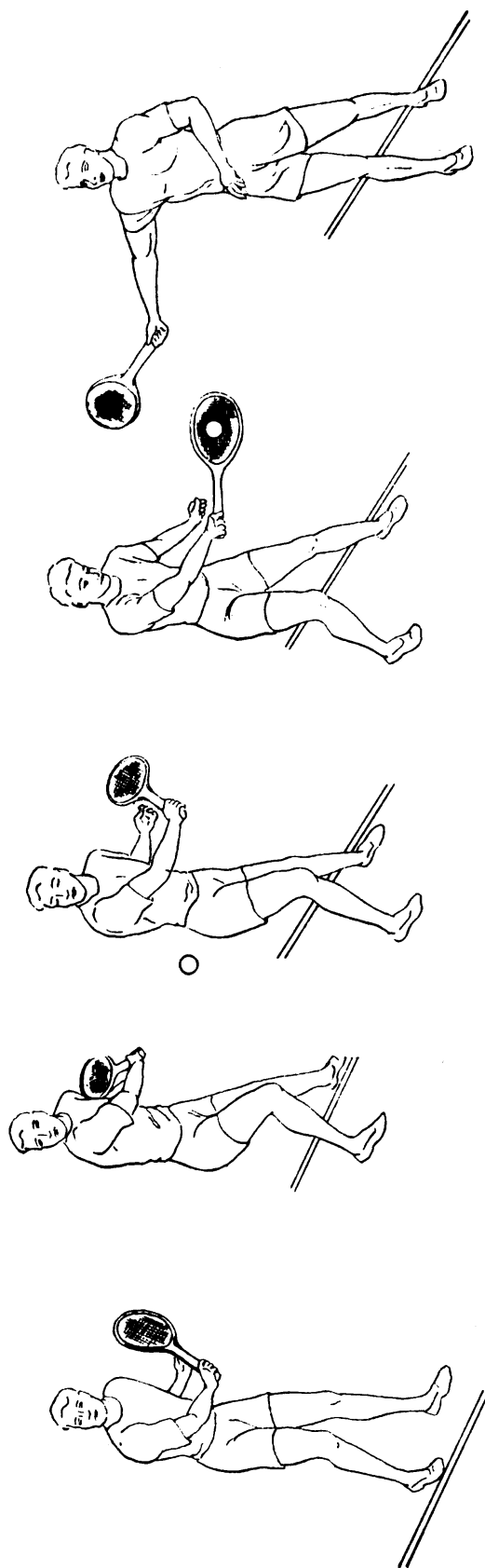


FIGURE 60. Progressive steps in backhand drive.

movements are similar to those of the flat service, except that the ball is thrown directly above the left shoulder with the racket being tilted forward slightly as it swings toward the ball, the strings moving sharply across the ball as it is struck. In the sliced service, the motion is likewise like the flat service except that the ball is thrown more to the right and the racket face brought down and across the side of the ball.

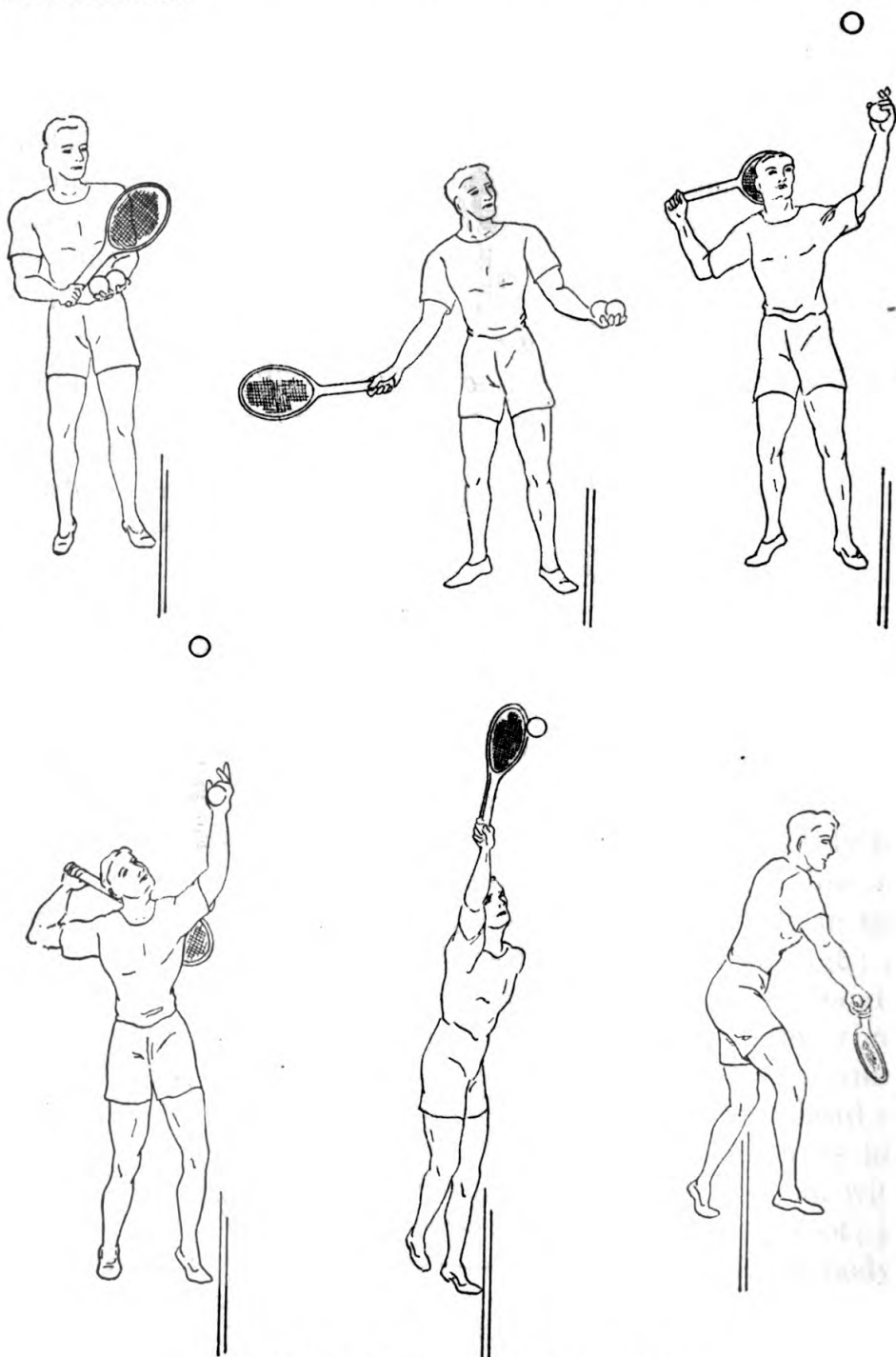


FIGURE 61.—Progressive steps in serving.

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CHAPTER 14

TOUCH FOOTBALL

Paragraph

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES¹

Rule I. Equipment.—SECTION 1. *Field.*—The regulation football field—160 feet wide by 360 feet long.

SEC. 2. *Ball.*—Regulation American football.

SEC. 3. *Uniform.*—Regulation football equipment is desirable but not necessary. All players on both teams should wear the same kind of shoes, whether they be football, soccer, or basketball shoes, but no metal cleats are allowed.

Rule II. Length of game.—SECTION 1. *Periods.*—The game shall be played in four periods, each 10 minutes long, with 2-minute rests between quarters and a 10-minute rest between halves.

SEC. 2. *Time-cut.*—Time shall be taken out when—

a. The ball goes out of bounds.

b. The referee calls time-out for a captain. Time-out (1 minute) may be called three times during each half by each captain. Additional time-outs shall be penalized 5 yards.

c. After a score is made.

d. At the discretion of the referee.

e. Upon incompleting forward pass.

f. During infliction of penalty.

Ruling III. Scoring.—SECTION 1. *Touchdown.*—Six points.

SEC. 2. *Field goal.*—Three points.

SEC. 3. *Safety.*—Two points.

SEC. 4. *Kick after touchdown.*—One point.

Rule IV. Players and substitutes.—SECTION 1. *Players.*—A team shall consist of 11 players. By mutual agreement a team may play with more or less men. The offensive team must have at least 7 men on the line of scrimmage with an 11-man team.

SEC. 2. *Substitutions.*—Any number of substitutions may be made during the game at any time. Substitutes must report to the referee before entering the game.

¹ In general, regulation football rules are followed, except as shown herein

Rule V. Playing regulations.—SECTION 1. *Starting the game.*—This procedure is as follows:

a. Choice of goals and kick-off.—A coin is tossed and the winner gets his choice of picking, receiving, or taking his choice of goals. These privileges as to choice shall be reversed at the beginning of the third period.

b. Putting the ball in play.—The ball shall be put in play at the beginning of the game, beginning of the third quarter, and after score, by a place-kick from a point 40 yards from the kicker's goal line. The kick-off must go 10 yards or the ball shall be kicked over. Kick-offs are on-side kicks and may thus be recovered by either team. A ball out of bounds is put into play 15 yards in the field from the spot where it went out of bounds.

SEC. 2. Ball kicked over opponents' goal line on kick-off.—If the ball is kicked over the opponents' goal line on the kick-off it goes to the opponents for scrimmage on the 20-yard line.

SEC. 3. Fumbled ball.—At any time the ball is fumbled, during scrimmage, after lateral passing, a kick, or a run, the ball belongs to the team first touching it and becomes dead at that spot regardless of which team recovers it. This eliminates diving at the ball. A fumbled forward pass which touches the ground is an incomplete forward pass.

SEC. 4. Necessary gain on downs.—If in four consecutive downs a team has failed to advance the ball 10 yards, it shall go to the opponents at that spot.

SEC. 5. Downed ball.—The player is downed and the ball dead when an opposing player touches him with both hands simultaneously above the waist.

SEC. 6. Passing.—The following regulations apply:

a. All players of the offensive team are eligible to receive passes. More than one eligible offensive player can successively touch a forward pass before it hits the ground.

b. All passes may be thrown anywhere back of the line of scrimmage.

c. Any number of lateral passes shall be permitted but only one forward pass during each play.

d. Handing the ball forward while back of the line of scrimmage is not to be construed as a forward pass.

Rule VI. Fouls and penalties.—SECTION 1. *Tackling, etc.*—It shall be a foul to tackle, trip, hold, or rough another player.

Penalty—Loss of 15 yards from spot of foul by offensive player—5 yards when by defensive player.

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SEC. 2. *Blocking.*—It shall be a foul to leave the feet in an attempt to block an opponent, or for an offensive player to use the hands.

Penalty—loss of 15 yards from spot of foul.

SEC. 3. *Offside.*—It shall be a foul for a man to be offside before the ball is put into play.

Penalty—5 yards. The offended team may choose between accepting the penalty, or the yardage gained or lost.

SEC. 4. *Forward pass.*—A forward pass may be made by the offensive team only. Only one forward pass can be made during a play and then only from a scrimmage formation.

Penalty—5 yards from the spot of the illegal forward pass.

SEC. 5. *Interference on forward pass.*—Interference with receiver on forward pass plays is a foul, but this rule does not apply until the ball has left the passer's hand. Interference is ruled as impeding the progress of any opponent except in a legitimate attempt to catch the ball one's self—in other words, *a player must play the ball and not the man.*

Penalty—Possession of ball given to offensive team at place of interference, if foul is committed by defensive player—15 yards from line of scrimmage, if foul is committed by offensive player.

Rule VII. Officials.—SECTION 1. *Referee.*—There shall be a referee who shall have absolute charge of the game. His decisions are final.

SEC. 2. *Umpire.*—He shall pay particular attention to holding and interference on forward pass plays.

SEC. 3. *Linesman.*—He shall measure distance and report offside and fouls of personal type such as holding and roughness. May also be the timekeeper.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Clearing, obstructing, or checking.....	2
Running with ball.....	3
Forward passing.....	4
Lateral passing.....	5
Kicking the ball.....	6

1. General description.—Touch football is similar to regulation rugby football except that the ball carrier is stopped by touching with both hands rather than tackling, and blocking as found in regulation football is eliminated. Forward passing is the principal offensive weapon, with all players eligible to receive the pass.

2. Clearing, obstructing, or checking.—A path is cleared through the defensive players for a running attack by having the offensive players force their opponents out of the way of the runner by bodily contact without the use of the hands or outstretched arms, and without leaving the feet. The shoulder is generally used. A player about to kick or pass is protected by his teammates similarly obstructing the passage of opposition players.

3. Running with ball.—The ball is carried as in regulation football with one end in the armpit and the other end in the palm of the hand. Swerving, pivoting, side-stepping, change of pace, etc., are used to avoid being touched by an opposing player. The ball carrier must be touched by an opponent with both hands simultaneously above the waist to stop the play.

4. Forward passing.—The ball is thrown with a spiral motion of the ball just as in regulation football, the passer being either stationary or in motion. All players are eligible to receive. The forward pass may be made from any point behind the line of scrimmage, but only one forward pass is permitted on each down.

5. Lateral passing.—Backward or lateral passes are generally short spiral or shovel passes. They are allowed at any place on the field, any number of times in the same play, and may be thrown or caught by any player.

6. Kicking the ball.—Kicking the ball is similar to that in regulation football.

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RULE CHANGES



CHAPTER 15

TRACK AND FIELD

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-12

SECTION I

ABRIDGED RULES

Rule 1. Officers.—The number of officials necessary to conduct a track and field meet varies. Dual meets do not require so many officials as the larger athletic meets. The following officials are recommended for a large meet:

Referee.

Inspectors (at least 4).

Clerk of course, and assistants.

Scorer.

Announcer, and assistants.

Marshal, and assistants.

Physician.

For track events:

Judges of the finish. There shall be twice as many judges as places to score.

3 timers and a substitute timer.

1 starter and an assistant starter.

For field events:

1 head field judge and 3 field judges or measurers for each event.

The games committee shall have authority to make such additions to the foregoing list as it deems desirable.

Rule 17. Scoring.—In meets where 2 places are counted, the first place shall score 5 and the second 3. Where 3 places are counted, the scoring shall be 5, 3, and 1. Where 4 places are counted, 5, 3, 2, and 1. Where 5 places are counted, 5, 4, 3, 2, and 1. Where 6 places are counted, 10, 8, 6, 4, 2, and 1.

Rule 21. Starting.—When the starter receives the signal from the head finish judge that everything is in readiness, he shall direct the competitors to "Get on your marks." After allowing ample time

for them to do so, he shall then instruct them to "Get set." Then, after an interval of at least 2 seconds, and when all are set and motionless, he shall discharge the pistol. If any portion of the body of a competitor touches the starting line or the ground in front of the line before the pistol is fired, it shall be considered a false start. The starter shall warn the offender and shall disqualify at the second false start. If, however, the starter fires the pistol and then recalls the runners, no penalty shall be inflicted.

Rule 24. Fouling.—Any competitor may be disqualified by the referee for jostling, running across, or in any way impeding another, and all competitors representing a team in any one event may be disqualified by the referee by the act of any one of such competitors in jostling, running across, or in any way impeding another. When, in any but the final heat of a race, a foul is committed, the referee shall have the power to allow the hindered competitor or competitors to start in the next round of heats, just as if he or they had been placed in his or their trials.

When, in the final heat, a foul is committed, the referee shall also have the power to order a new race between all or such of the competitors as he considers entitled to such a privilege.

Rule 26. Qualifying.—*Field events.*—In all one-session meets the contestants in the throwing events (shot, discus, javelin, hammer), and in the broad jump, shall be allowed four preliminary trials. One more man than there are places to be scored shall qualify for the finals, which shall consist of three additional trials each.

In all two-session meets, the contestants in these events shall be allowed four preliminary trials. A semifinal round of 2 trials each may be included at the option of the games committee, and shall include twice the number of men who may score in the finals, but not to exceed 10. Unless otherwise arranged, the semifinal round shall be held in the final session. One more than there are places to be scored shall qualify for the final round, which shall consist of 3 trials each.

Rule 27. Order of competition.—In pole vault and high jump the order of trials shall be determined by lot. Each competitor shall make one attempt in the order drawn and then those, if any, who have failed shall have a second trial in their regular order, and those, if any, who have failed a second time shall have a third trial in their regular order.

In throwing events (shot, discus, javelin, hammer), and in the broad jump, the order of competition in the preliminaries shall be determined by lot. In the semifinals and finals the competition shall be in reverse order of the best performances in preliminary rounds.

Rule 29. Hurdles.—Any competitor who advances or trails his leg or foot along side of any hurdle shall be disqualified. Any competitor who runs over a hurdle not in his lane or who runs around a hurdle shall be disqualified.

Rule 30. Running high jump and pole vault.—The standards or uprights shall be placed at least 12 feet apart. The height of the bar at starting and each successive elevation shall be determined by the officials in charge of the event. Three trials are allowed at each height. Each competitor shall make one attempt in the order in which his name is drawn and then those who have failed (if any) shall have a second trial in their regular order, and those who have failed a second time (if any) shall have a third trial in their regular order. A competitor may omit his trials at any height, but if he fails at the next height he shall not be allowed to go back and try the height he omitted. If he elects to try at a certain height he must continue until he has failed or gone over the bar. No weights or artificial aids shall be allowed in any of the jumping contests. In case a competitor's pole is broken in an attempt, it shall not be counted as a trial.

High jump.—Displacing the bar, passing under it, crossing the line of the bar extended, or leaving the ground in an attempt shall count as a trial. A fair jump is one in which the competitor jumps from one foot.

Pole Vault.—Displacing the bar, passing under it, crossing the line of the bar extended, or leaving the ground in an attempt shall count as a trial. It shall count as a trial when any part of the competitor's pole is carried past the line of the bar extended. The pole may be unlimited as to size and weight, but shall have no assisting devices, except that it may be wound or wrapped in uniform thickness with any substance for the purpose of affording a firmer grip and may have one prong at the lower end.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole,

nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Rule 31. Broad jump.—The competitor shall have unlimited run, but must take off from or behind the scratch line. The scratch line shall be the far edge (the edge nearest the pit) of a joist 8 inches wide and at least 4 feet long, which shall be set firmly in and on the same level as the ground. The ground in front of the scratch line must be flush with the scratch line. If the competitor's shoe extends over the scratch line or makes a mark in the ground in front of the scratch line while taking off for a jump, it shall be no jump, but shall count as a trial. If any competitor runs across the take-off line or such line extended, this shall count as a trial.

Rule 32. Putting the shot.—The shot shall be put from the shoulder with one hand and, during the attempt, it shall not pass behind or below the shoulder. Foul puts, which shall not be measured, but which shall count as puts, are as follows:

1. Stepping upon the circle or touching the ground outside of the circle with any portion of the body or of the apparel thereon before the throw is marked.

2. Touching the top of the toeboard or ground outside of the circle with any portion of the body or apparel before the put is marked.

Rule 35. Discus throw.—All throws to be valid must fall within a 90° sector marked on the ground. The lines for the discus throw sector shall be drawn from the middle of the circle. It shall be a foul throw if the competitor, after he has stepped into the circle and started to make his throw, touches, with any part of his body or the wearing apparel thereon, the top of the iron or wooden band which marks the circumference of the circle, or touches the ground outside the circle before the throw is marked.

The measurement of the throw shall be from the nearest edge of the first mark made by the edge of the discus to the point of the circumference of the circle nearest such mark.

Rule 36. Javelin throw.—The javelin must be held by the grip at the moment when the throw is executed, and no other method of holding is permissible.

No throw shall be counted in which the point of the javelin does not strike the ground before any part of the shaft.

The throw is measured at right angles from the point at which the point of the javelin first strikes the ground, to the scratch line or the scratch line extended.

The thrower must not place his foot or feet upon the board.

The thrower must not touch the board, the ground beyond the board, or the scratch line extended, with any part of his person or clothing until the throw has been marked.

Rule 37. Relay racing.—Each runner shall carry in his hand a baton which shall be passed to his teammate succeeding him within a 20-yard zone formed by lines drawn 10 yards on each side of the exchange mark. Within this 20-yard zone each runner must pass the baton to his teammate succeeding him in the next relay of the race. No member of a relay team, in order to relieve his teammate, may run outside of such zone. The baton must actually be passed—not thrown—by the competitor to the runner succeeding him. If, however, the baton is dropped in the relief zone in an honest attempt to pass it, either runner may retrieve it. A baton dropped outside of the relief zone must be retrieved by the runner dropping it. Failure to pass the baton shall disqualify the team from competition in the event in which it has occurred. After passing the baton the competitor should stand still or jog straight ahead, unless he be on the inside or outside of the track, in which case he should step off the track as quickly as possible.

Rule 38. Order of events.—The following orders of events are recommended. Changes from these orders should be made only by the games committee or by mutual agreement of the competing teams.

In general, the interval between events shall not exceed 10 minutes, except that the interval from the 2 miles to the next event should be 15 minutes. A definite time schedule should always be set in advance by the games committee.

Where trial heats are held in a preliminary session it is recommended that the events be held in the same order and as nearly as practical with the same time intervals as in the finals. Trial heats in races of 440 yards and longer should be held in a preliminary session.

Preliminaries should be avoided in the pole vault and high jump. These events should be started sufficiently early in the day to assure their completion by the close of the track program.

Outdoor meets.—a. With trial heats.

120 yards hurdles—trials
100 yards—trials
One mile
440 yards
100 yards—final
120 yards hurdles—final
220 yards—trials
220 yards hurdles—trials
880 yards

At least 30 minutes before first track event.....	{ Pole vault High jump Shot
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220 yards—final
Two miles
220 yards hurdles—final
One mile relay

Immediately following shot put.....	{ Discus Broad jump Hammer or 35-pound weight Javelin
At least 75 minutes before last track event	

b. Without trial heats.

One mile
440 yards
100 yards
120 yards hurdles
880 yards
220 yards
Two miles
220 yards hurdles
One mile relay

At least 30 minutes before first track event	{ Pole vault High jump Shot
Immediately following shot put.....	{ Discus Broad jump Hammer or 35-pound weight Javelin.
At least 75 minutes before last track event	

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Sprints—100 and 220 yards.....	2
Middle-distance running—440 and 880 yards.....	3
Long-distance running—1 to 5 miles.....	4
Relay racing.....	5
Hurdles	6
Broad jump.....	7
High jump	8
Pole vault.....	9
Shot-put.....	10
Discus throw.....	11
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1. General description.—Track and field is the designation used to cover a series of events consisting of foot racing at various distances, including hurdle racing and relay racing; jumping, for distance, for height, and with a pole; and the throwing of certain objects for distance, including the shot, the discus, and the javelin. Individuals of two or more teams compete in each event, three places being scored in dual meets and up to six places in more extensive competition, the team winning the meet being the one having the largest total of points of all events.

2. Sprints—100 and 220 yards.—a. The start of a sprint is from a crouch or “on the mark” position, the feet being placed in holes or against starting blocks for a quick getaway. In the orthodox start the front hole or block is about 10 inches behind the starting line, with the rear hole or block 14 to 20 inches behind the front one,

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which results in the knee of the rear leg coming to rest beside the ankle of the front leg in a comfortable crouch. The hands are placed on the ground just behind the starting line, the weight resting on the tips of the fingers and thumbs as well as on the knee of the rear leg which rests on the ground. As the starter calls "get set" the knee of the rear leg is raised until it is level with the ankle of the other foot; the back then becomes nearly parallel with the ground, the weight being about evenly distributed between hands

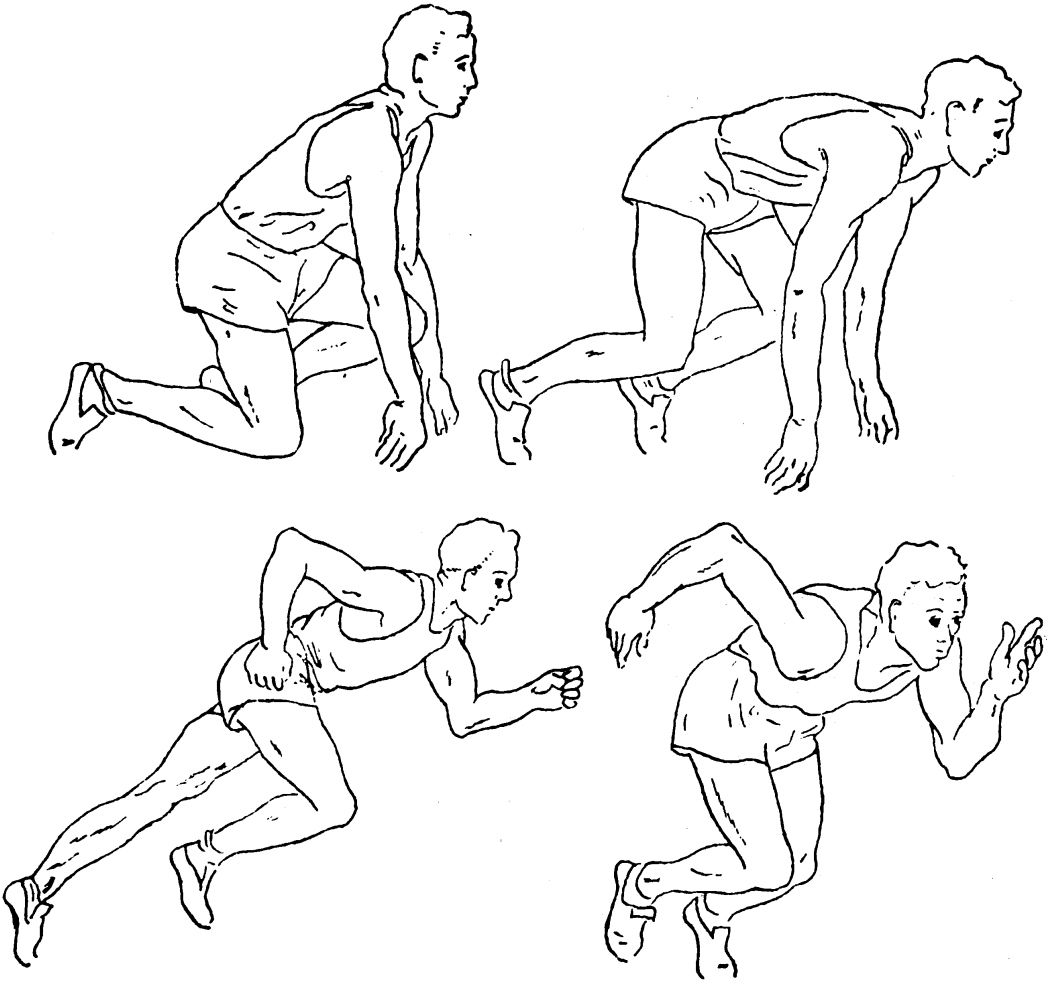


FIGURE 62.—Sprinting.

and feet, and the eyes being focused on a point about 6 feet forward. At the sound of the gun the front leg is straightened and a sharp drive is given with both feet which sends the body forward, the arms being swung backward and forward, opposite to the legs, as each step is taken.

b. In the full running stride the left arm is brought vigorously forward at the same time as the right leg, and vice versa, the elbows

being bent and the hands swinging to about shoulder height; the knee is lifted sharply forward and upward as the leg is brought forward, and then brought downward with a vigorous pushing motion, the toes pushing off the ground the moment they touch. The body leans forward at about 25° angle.

c. The finish may be the lunge finish, the tape being breasted with the body leaning well forward, or the shrug or shoulder finish, the side of the body being thrown into the tape with one arm held high in front and the other held low behind the body.

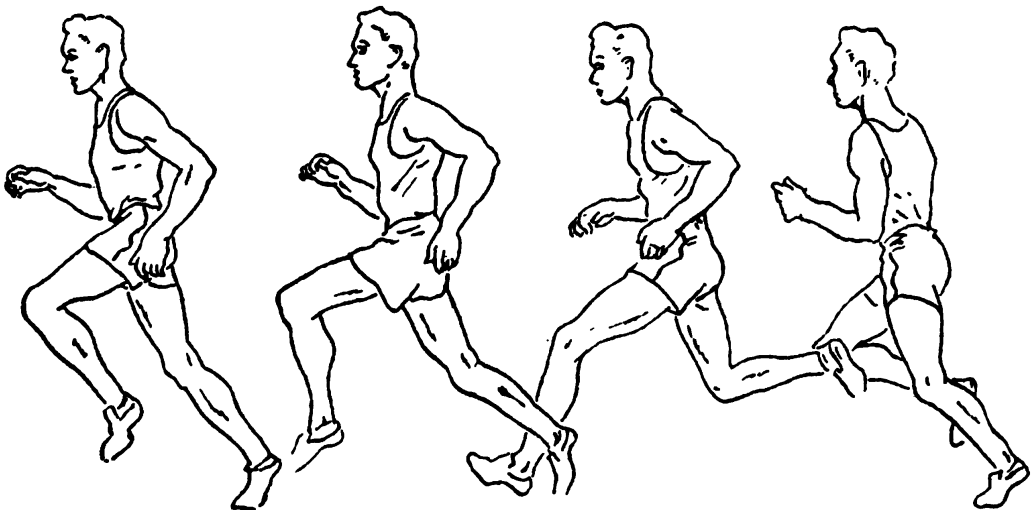


FIGURE 63.—Middle-distance running.

3. Middle-distance running—440 and 880 yards.—The start and finish form in middle distance running is the same as in the sprints; the body lean is about 15° forward instead of 25° as in the sprints; the arm action and knee lift are lower than in the sprints. The quarter-miler's form most approximates that of the sprinter although he often runs on the soles of his feet instead of on his toes during the middle of the race. The half-miler and miler use a long swinging stride and usually run on the soles of the feet. The miler in particular should run with his feet pointed straight ahead.

4. Long-distance running—1 to 5 miles.—The body lean is about 10° forward in distance running, the forearms being held low with a right angle at the elbow; the legs are not carried with the knees as high in front as in shorter races, and the feet land on the soles instead of on the toes.

5. Relay racing.—In relay racing, speed in running and skill in passing the baton are both important.

a. The sprint or blind pass is generally used in the quarter-mile relay, the receiver stationing himself near the start of the passing zone

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and commencing running when the passer is 5 to 10 yards away; the receiver's cupped hand is placed on top of the hip bone, with the palm facing upward and inward, the thumb forward, and the fingertips touching the hip; several strides from the end of the passing zone the passer places the baton in the cupped hand of the receiver who grasps it without looking backward and without affecting his stride.

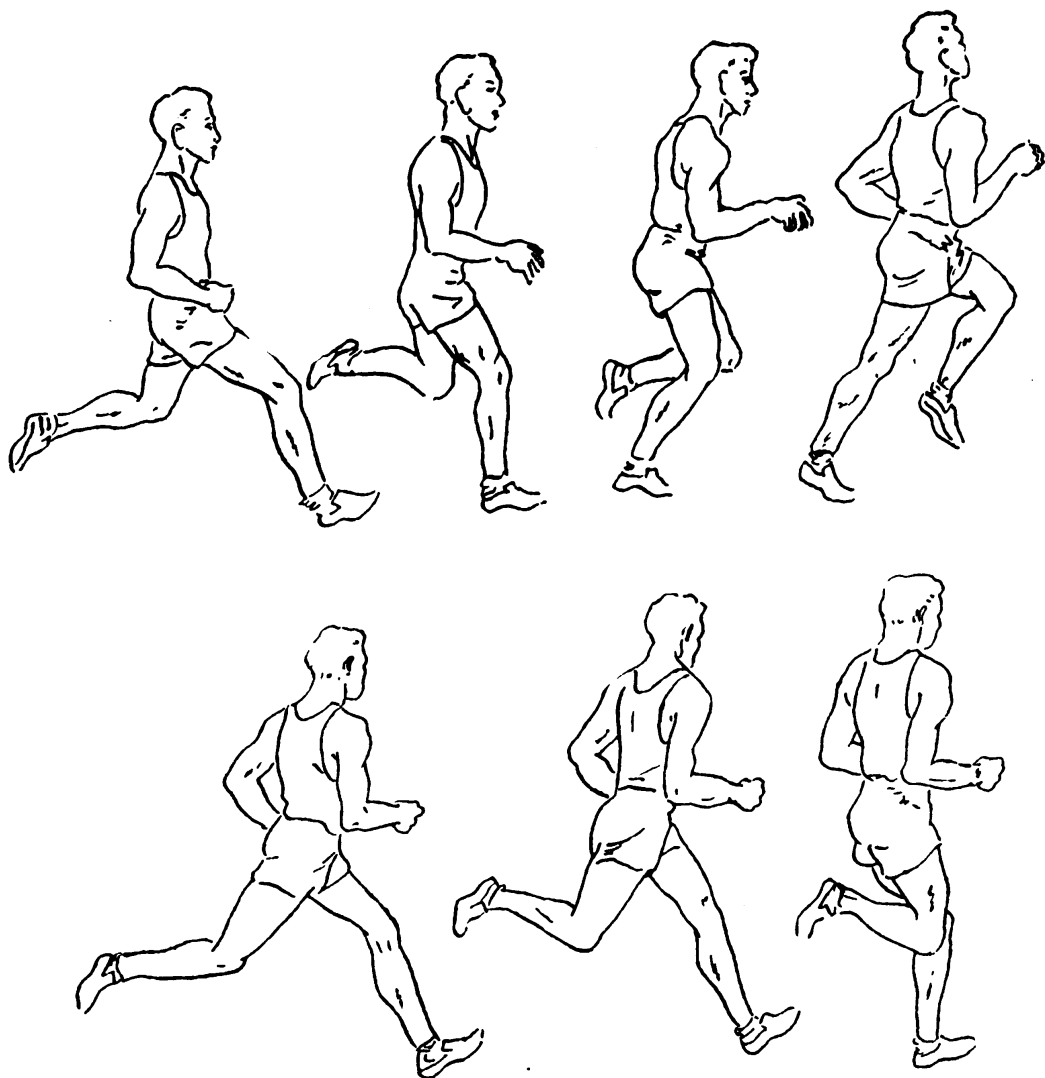


FIGURE 64.—Long-distance running.

b. The visual speed pass is generally used in the mile relay and relays of longer distance, the receiver taking the same position as in the blind pass except that he watches the passer, holding out his hand to the rear while running, with the palm down, the passer lifting the baton into the receiver's hand, the receiver having his head turned backward with his eye on the baton at the moment of passing.

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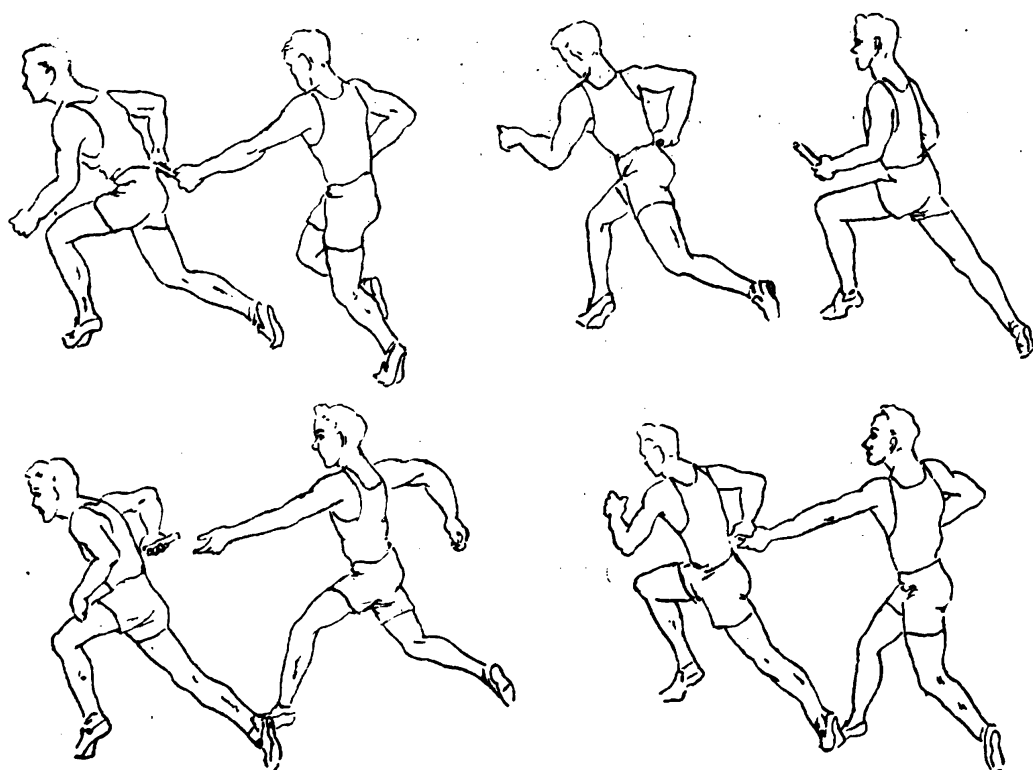


FIGURE 85.—Sprint or blind pass.



FIGURE 66.—Visual speed pass.

6. Hurdles.—*a.* In the high hurdles the start is similar to that in the sprints; in striding to the first hurdle the average runner takes eight steps. In clearing the hurdle the runner springs from the take-off foot, throwing the opposite leg forward and upward, with the knee nearly straight and the toe pointing up; the body leans forward as it goes over the hurdle, chest and front knee almost touching; the arms

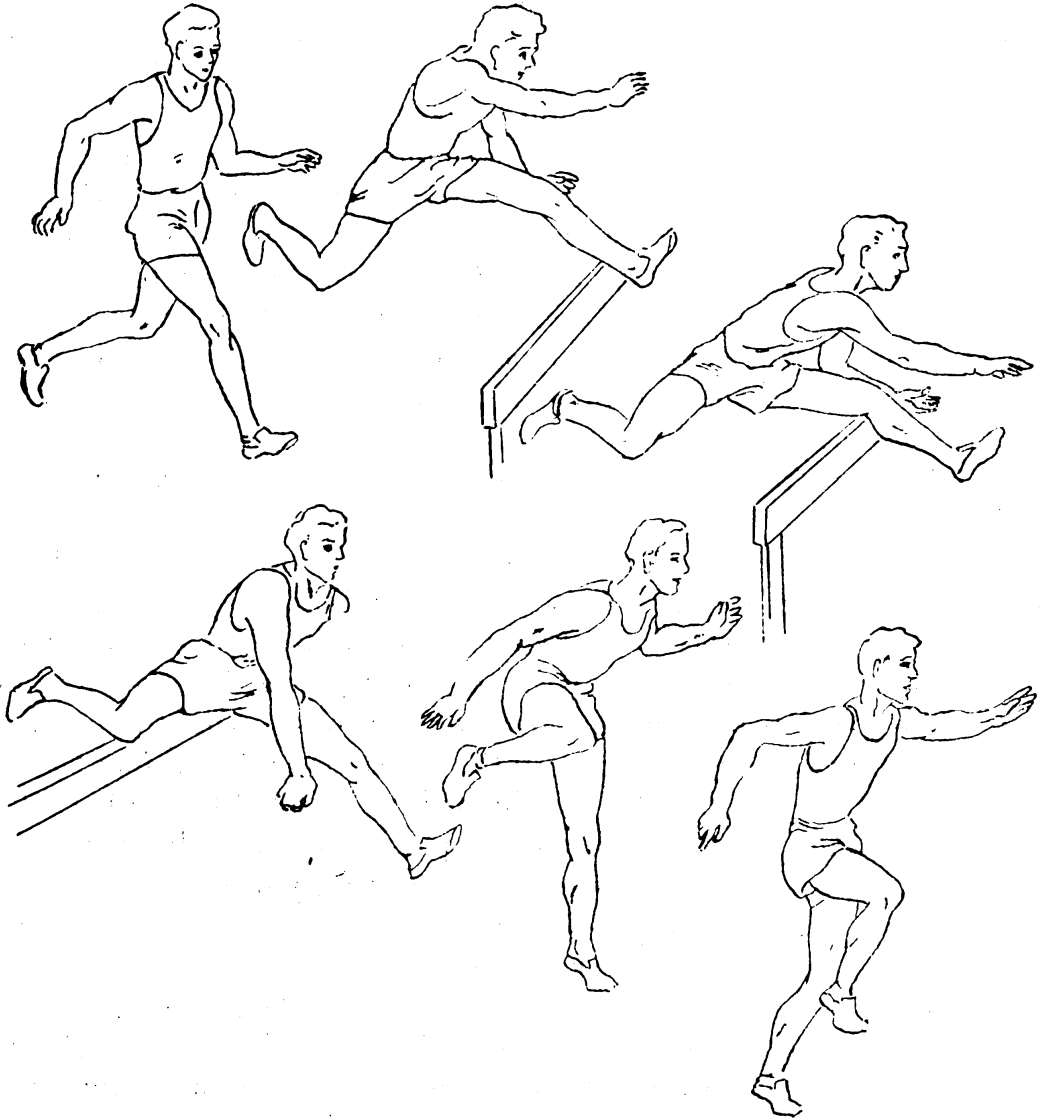


FIGURE 67.—Hurdles.

and legs are synchronized, the front leg and opposite arm swinging forward and upward at about the same time; the front foot just clears the hurdle and lands on the track close to the hurdle, with the body weight directly over or slightly ahead of the foot; the rear leg is fully extended. The runner usually takes three strides between hurdles.

b. In the low hurdles the start is the same as in the sprints or high hurdles. In striding to the first hurdle the average runner takes 10

steps. In clearing the hurdle the body lean is not as great and the knee action not as high as in the high hurdles. The runner usually takes 7 strides between hurdles.

7. Broad jump.—The broad jumper begins the run up to the board from a mark placed 75 to 110 feet from the board, a standard stride being used each time to insure striking the board with the jumping foot at the right spot. At the take-off the jumping foot strikes the board with the toe just behind the front edge of the board and the foot flat, the body leaning forward so that the weight is slightly in front of the foot. Emphasis at this point is upon securing maximum height. While the body is in the air the most popular form used is the hitch-kick, which consists in working the legs vigorously in a walking or scissors motion, giving better balance. Another form is the knee-bend or sail, which consists in merely drawing the knees up to a sitting position, the body being bent forward more than in the hitch-kick. In landing the feet are extended forward to gain more distance and the body is inclined forward to prevent the jumper falling backward as he hits the ground.

8. High jump.—There are three commonly used forms for the high jump.

a. In the western roll the approach to the bar is at an angle of 45° , 8 or 9 strides being used, the first being bounding, the last vigorous. The take-off is from the inside foot, the outside leg being swung forward and upward, with the body weight directly over the take-off foot, and the inside arm moving upward simultaneously with the outside leg; the take-off leg starts bending at the knee as the take-off foot leaves the ground. In crossing the bar the body is parallel to the bar, the take-off leg being in bent position and passing the bar slightly after the inside arm and shoulder, with the knee slightly behind the outside leg, the body "rolling over" as the bar is crossed. The body falls to the ground with the head lower than the hips and facing the ground, the hands and take-off foot striking the ground at about the same time.

b. The straddle form, which is now being used by many champions, is a variation of the western roll. Its take-off is approximately the same as the latter style, but crossing the bar is on the stomach with the face downward and toward the bar. The landing is made on the swing-up foot and the hands.

c. In the eastern style the approach to the bar is at an angle of 60° , 8 or 9 strides being used. The take-off form is similar to that of the western roll except that it is from the outside foot, and both arms are swung upward to get more lift. In crossing the bar the take-off leg is brought over first, the outside leg then being extended

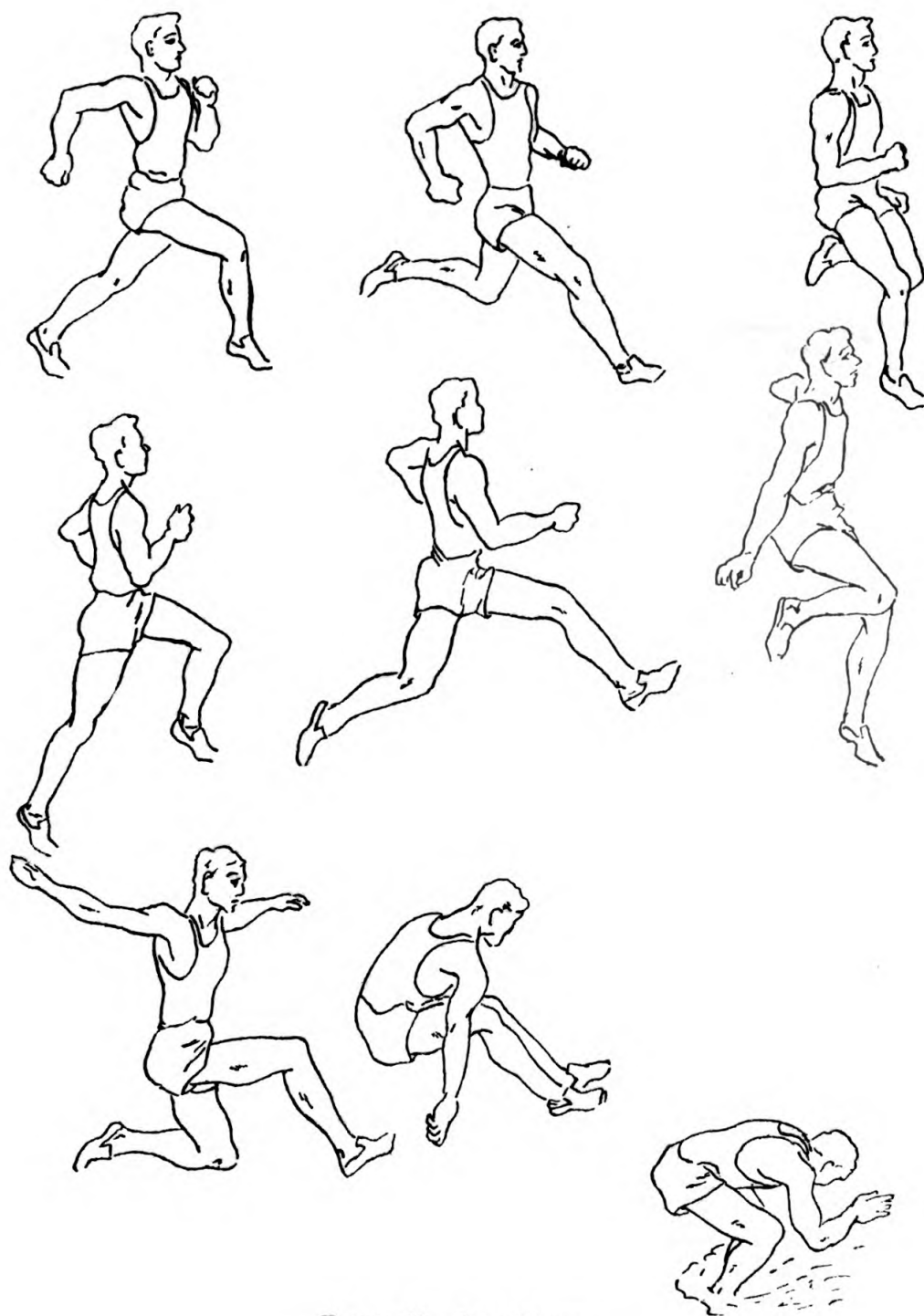


FIGURE 68.—Broad jump.

and passing over parallel to the bar, the body turning so that it faces the bar and is perpendicular to it. The fall is practically in an upright position, the feet striking the ground first. The eastern style is rapidly losing its popularity.

* 9. **Pole vault.**—During the run, the vaulting pole is maintained at nearly a horizontal position with the point at about the level of the head. The right hand generally grips the pole at a point ap-

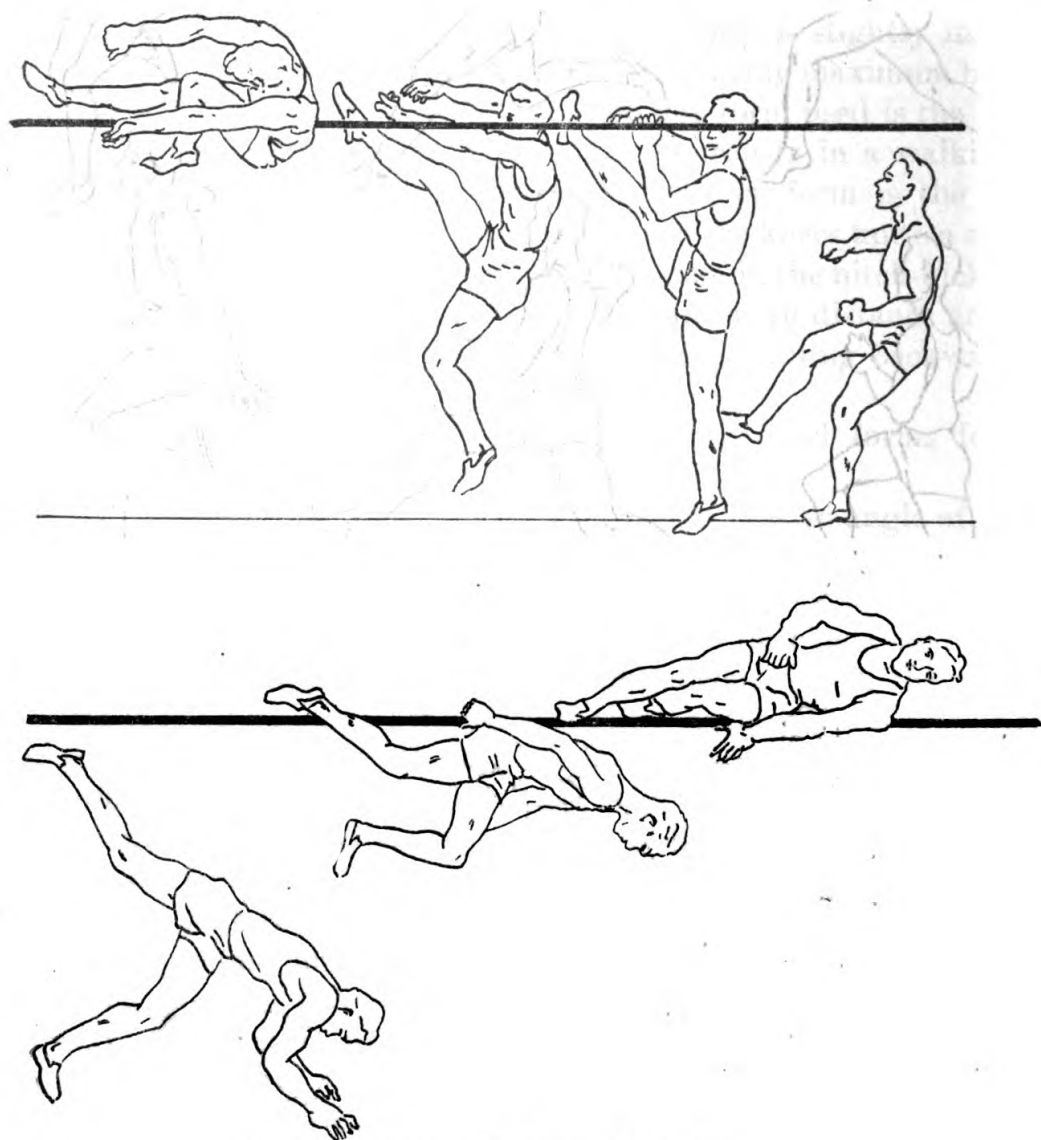


FIGURE 69.—Western roll high jump.

proximating the height of the bar, with the palm up and the arm extended backwards in the carry; the left hand is placed about 3 feet below with the palm down and the left elbow at a right angle. The approach to the bar approximates 11 strides taken at slightly less than full speed, the vaulter dropping the tip of the pole into the planting trough as his foot strikes the take-off mark, and then

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sliding the left hand up toward the right and raising the back portion of the pole forward and upward past the head until both arms are almost fully extended. The take-off combines a jump from the take-off foot, the foot being planted in line with the point of

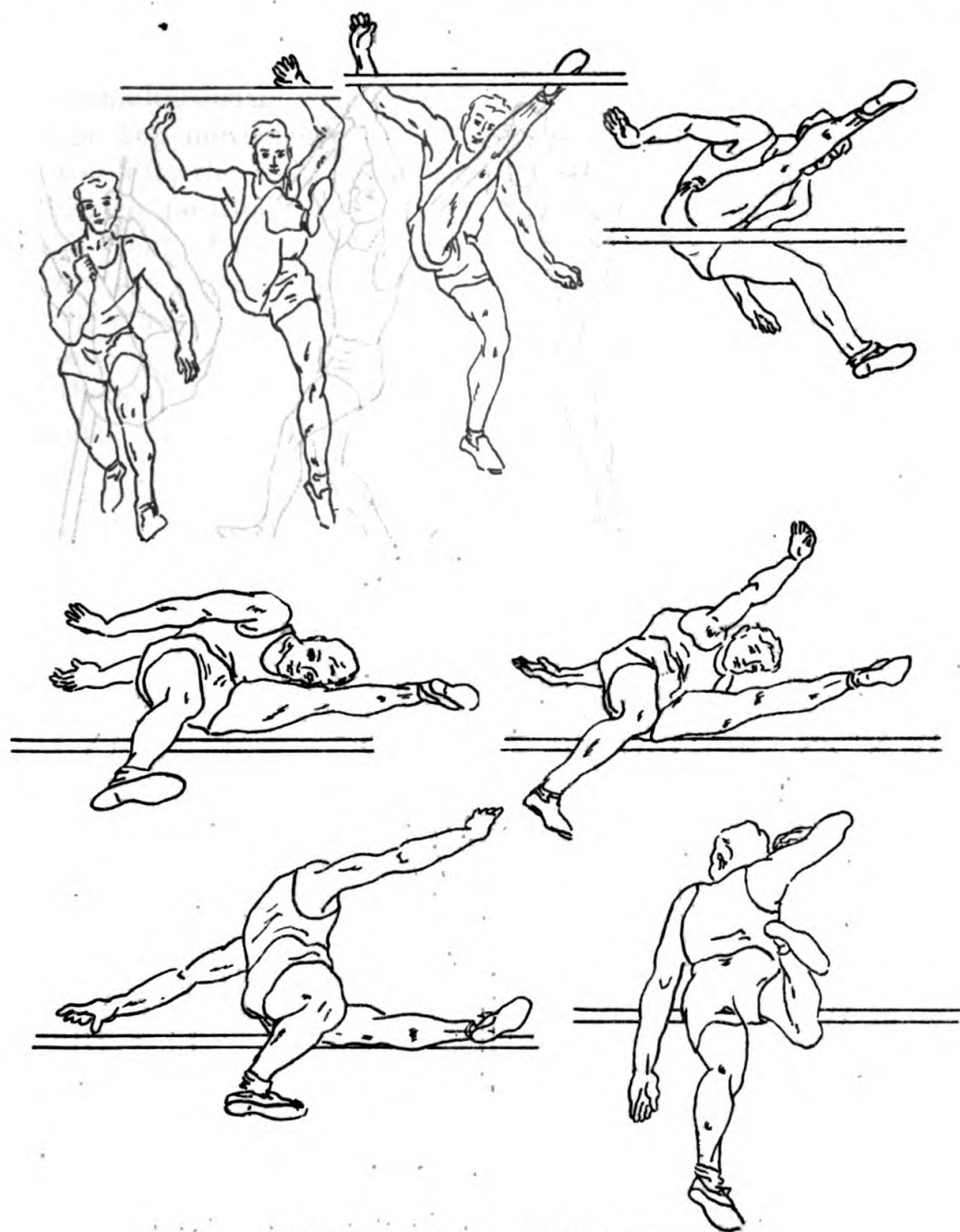


FIGURE 70.—Eastern style high jump.

the pole so that the swing will be directly upward, with a pendulum-like swing of the body. In the swing and pull-up the body is held close to the pole, the legs and body being swung up as the pole

approaches a vertical position, the arms being fully extended and the legs and body being above the head, so that the vaulter appears to be balanced on his hands. At his maximum height the vaulter clears the bar by dropping the feet over it, the body turning so that the stomach faces the bar as the vaulter crosses it, the pole being thrown away as the body turns. The fall is similar to that

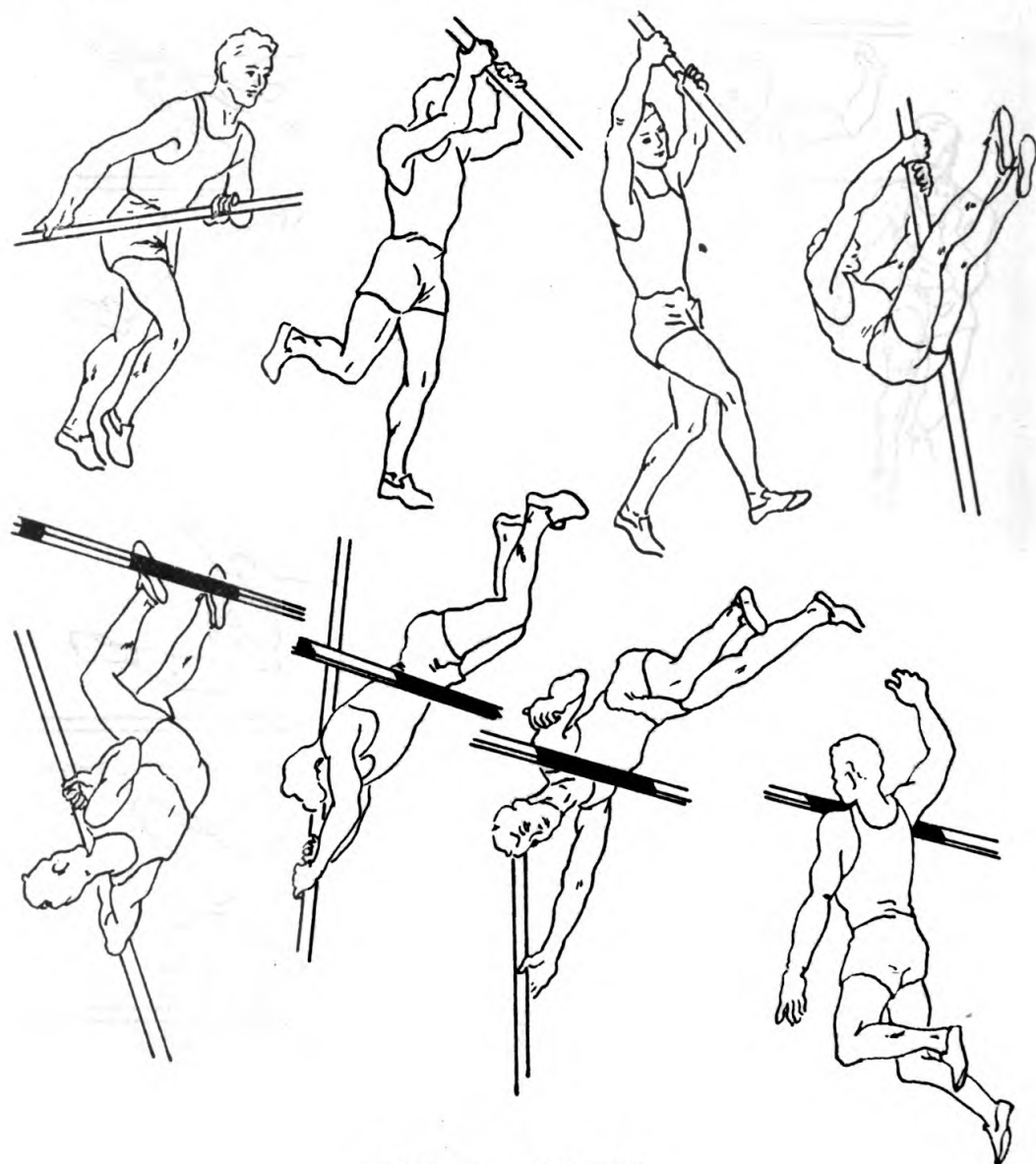


FIGURE 71.—Pole vault.

of the eastern style high jump. It is important to delay the pull-up until the full benefit of the swing has been secured and until the pole is approaching a vertical position.

10. Shot-put.—The shot is generally held in the right hand at the base of the first three fingers, the hand being held with the palm

up with the shot against the neck and shoulder. The body is held erect and faces at a right angle to the direction of the put, the elbow being raised and held away from the body; the left arm is relaxed and bent at the elbow; the chest, chin, and eyes are up. The feet are spread comfortably apart, with the body weight on the right leg at the start of the put; the left leg is swung backward and forward several times then pushed vigorously in the direction of the put, simultaneously with the left arm; the right leg follows with a shift or hop movement, the right foot touching the ground just before the left; the right shoulder is drawn back, with the body in a semicrouch position, the left foot landing within a few inches from the front of the circle. The powerful and fast drive of the shot from the right shoulder then begins. The right leg and hip are straightened vigorously, the chest and chin lifted, and the right arm extended in the exact direction of the put at an angle of about 40° as the shot is released. This action is so fast that it results in an extended follow-through and a reverse of the feet.



FIGURE 72.—Shot-put.

11. Discus throw.—The grip of the discus is with the palm of the hand flat against the side, with the fingers spread evenly over the surface, the edge being held by the tips of the fingers. The initial stance is with the feet comfortably spread, the discus being held over the left shoulder and opposite the left ear at a 45° angle, the right hand with palm down holding the discus in the discus grip while the left hand supports the discus from below. Several wind-up swings are generally taken with the discus being swung forward and backward with the extended right arm only; then the thrower shifts his weight to the right foot as the right arm comes backward, turns

his body to the left shifting his weight to the left foot and pivoting on it in a half turn, then shifts his weight back to the right foot and pivots around to the left on it, placing the left foot near the front of the throwing circle preparatory to the throw. The right arm having been swung around is then whipped in the direction of the throw, the body turning to the left and the discus being released off the index finger with a clockwise motion, the weight being on the left leg and the release being at shoulder height with an angle of about 30° . The feet are reversed at the follow-through, with the weight going to the right leg and the left foot coming up into the air behind the body for balance.

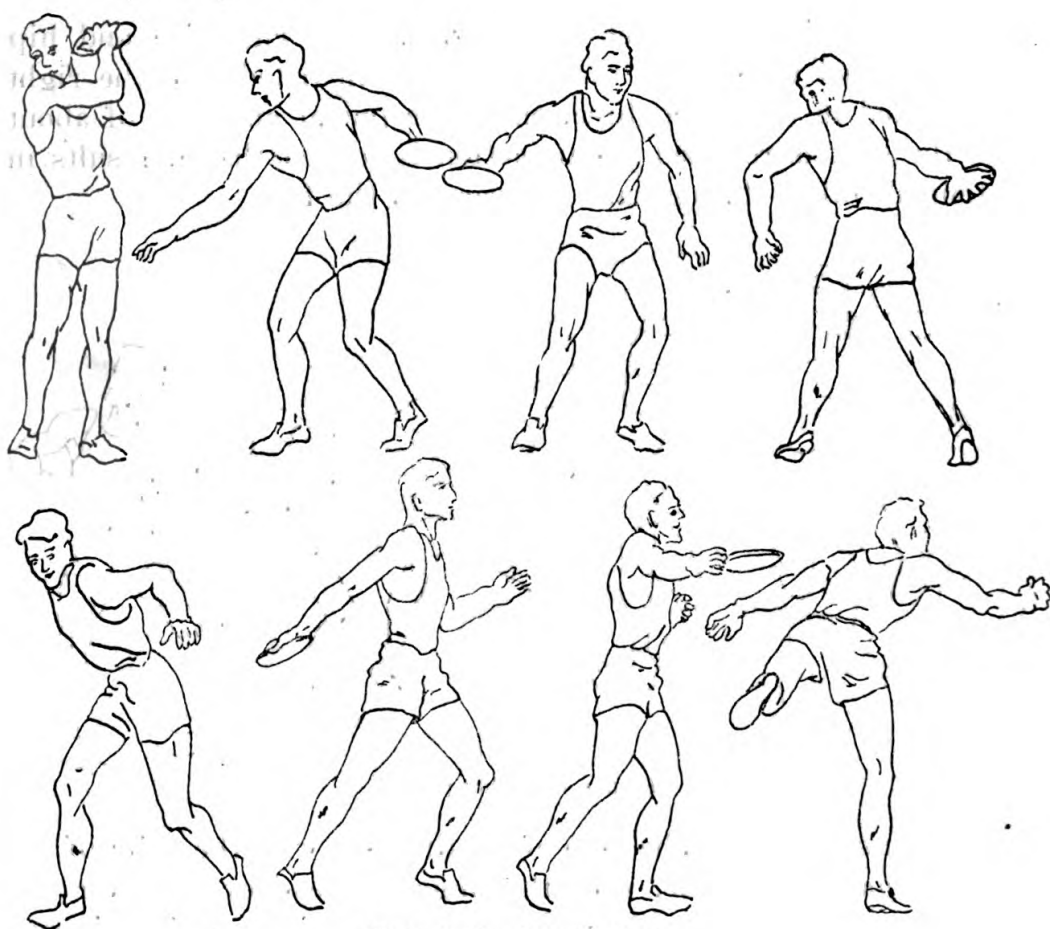


FIGURE 73.—Discus throw.

12. Javelin throw.—*a.* The Finnish grip is generally used in holding the javelin, the shaft being gripped with the thumb and second finger at the rear edge of the cord binding, the javelin resting in the groove of the palm of the hand. The average approach run is about 100 feet, the javelin being held in one of the following two popular ways during the run:

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(1) The front carry with the point down, used by the Finns and many others.

(2) The over-the-shoulder carry with the point up, generally used with the hop-step form.

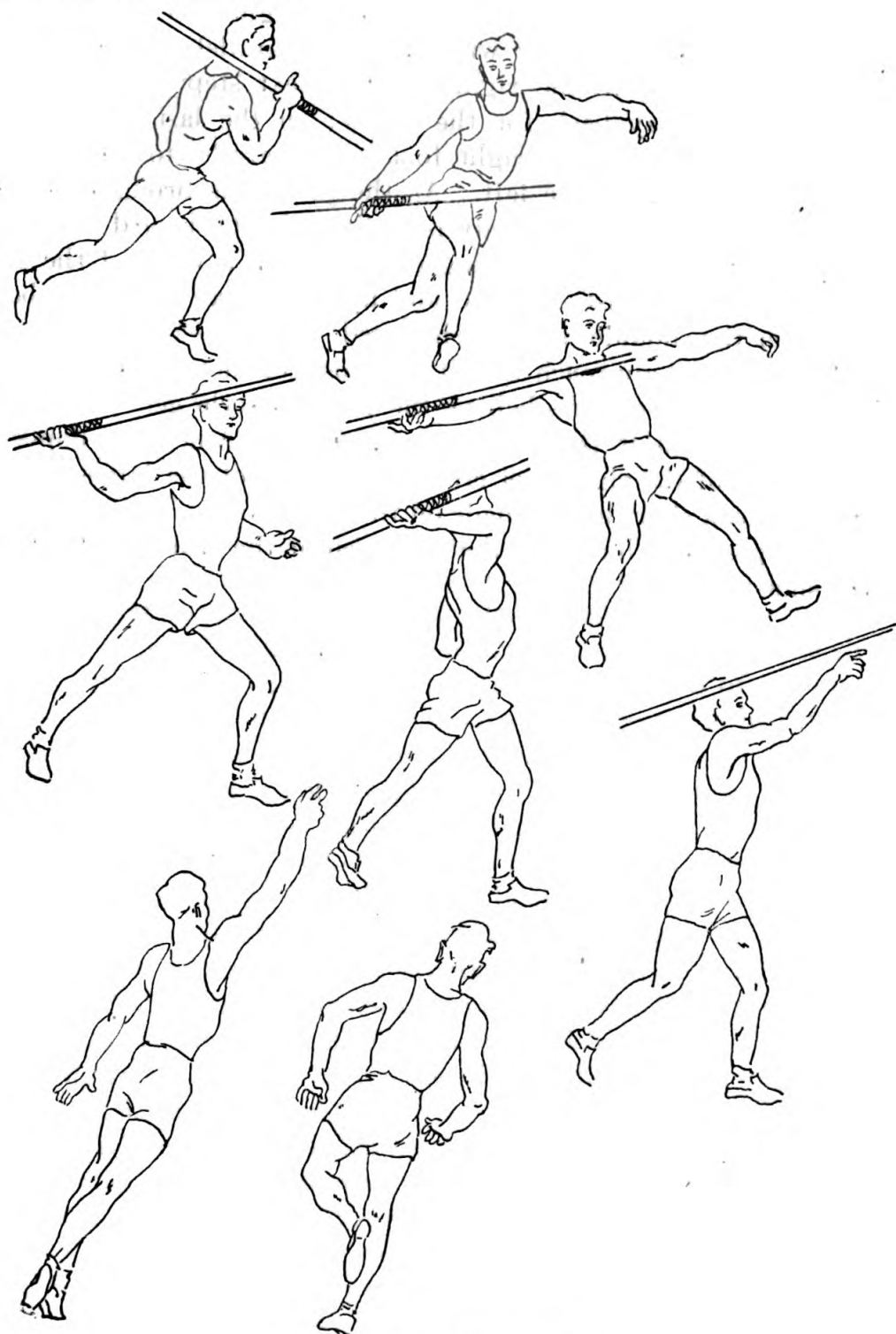


FIGURE 74.—Javelin throw.

b. In executing the Finnish front cross-step approach, the thrower brings the javelin level with his shoulder when he is about 5 steps from the throwing mark and lands on his right foot; at the next step, which is with his left foot, the arm is started backward to the throwing position; on the following step the right foot passes across in front of the left, landing with the foot parallel to the take-off board and pointing to the right; on the next step the javelin is brought all the way back for the throw; on the last step, which accompanies the throw, the right foot lands parallel to the take-off board, but pointing to the left. As the javelin is brought all the way back for the throw the body is inclined far backward and then sharply forward, the javelin being released with a whip of the arm and a snap of the wrist, forward and upward at an angle of about 35° , an over-the-shoulder throw being used.

c. The hop-step approach is still the most commonly used form in America, although coaches believe the Finnish style gets better distance even though it is more difficult. In the American hop-step style, instead of the right foot crossing in front of the left as in the Finnish style, a short hop is made on the right foot. This places the body in a position similar to that attained at the front of the circle in the shot-put.

CHAPTER 16

VOLLEY BALL

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-5

SECTION I

ABRIDGED RULES

Rule IV. Teams.—SECTION 1. *Number of players.*—In all official matches teams shall be composed of no more or no less than six players. When for any reason a team is reduced to less than six players the game shall be forfeited to the opposing team.

SEC. 2. *Substitutes.*—Substitutes and coaches shall be seated on the side of the court opposite the referee.

SEC. 3. A substitute may take the place of a player only when the ball has been declared “dead.” The captain or the incoming substitute shall first request “time out” for substitution from the umpire, and when such substitution has been authorized, the substitute shall report to the scorer. Substitute shall take the position of the player for whom he is substituting. No change shall be made in the positions of players when a substitution is made.

If the substitution is not accepted by the captain on the floor then that team shall be charged for time out for rest.

SEC. 4. *Player taken out.*—A player taken out of the game may reenter the same game once, but only in his original position.

SEC. 5. *Players in squad.*—In match games or tournaments a squad shall consist of not more than 12 different players.

SEC. 7. *Position of players.*—Players shall take their positions as indicated in the diagram. The positions shall be known by the names indicated, viz: Left forward, center forward, right forward, right back, center back, left back.

SEC. 8. When the ball is served, each player shall be in his own area. After the ball is served, each player may cover any section of his own court (except as provided for in rule X, sec. 17).

SEC. 9. No player may leave the court in making a play unless the ball is on his side of the net. (“Side out” or “point.”)

SEC. 10. Each court shall be marked with two crosses to indicate its division into six equal areas. Crosses shall be made of white lines—1 inch wide and 6 inches long—parallel with the side and end lines. (See diagram.)

Rule V. Officials.—The officials shall be a referee, umpire, scorer, and two linesmen.

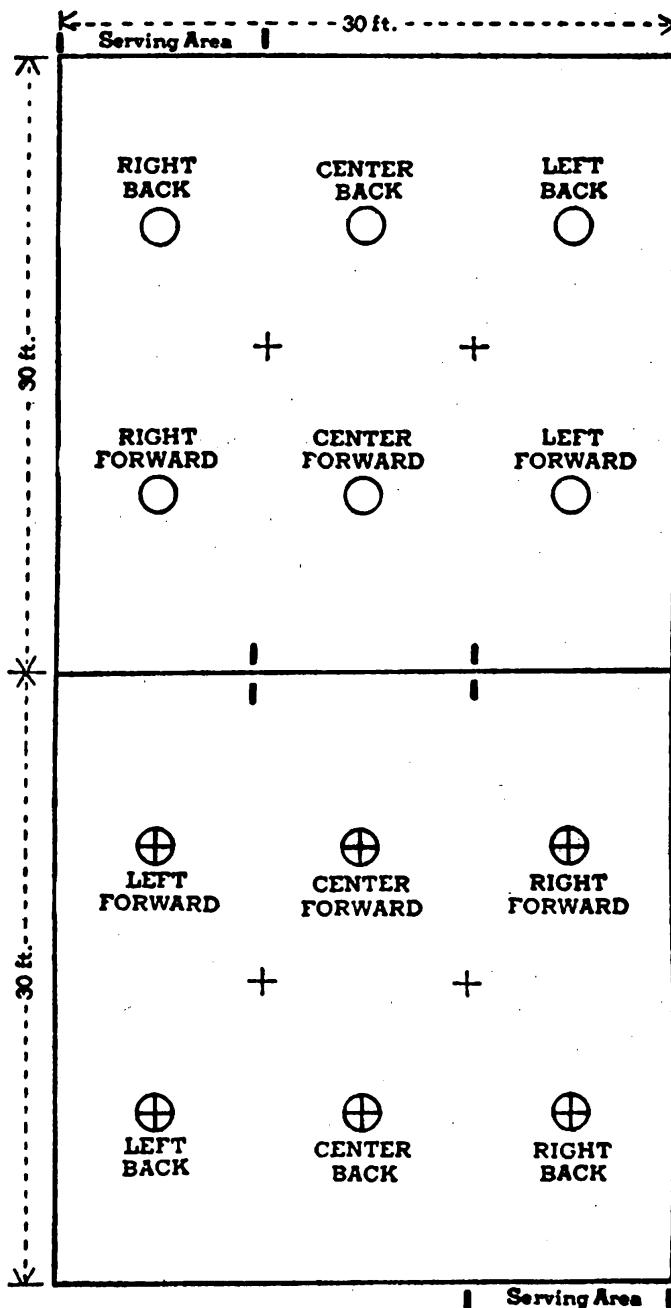


FIGURE 75.—Plan of volley ball court, showing position of players at start of game.

Rule VIII. Courts and service.—SECTION 1. *Captains toss.*—The captains shall toss for courts or service. The winner of the toss may choose either to take the first service or his choice of courts.

SEC. 2. *Ball put in play.*—At the opening of the game the ball shall be put in play by the player in the “right back” position.

SEC. 3. Each server shall continue to serve until the referee calls “side out.”

SEC. 4. *Alternation.*—Service shall alternate as “side out” is called.

SEC. 5. *Rotation.*—The team receiving the ball for service shall immediately rotate one position, clockwise.

SEC. 6. *Maintaining positions.*—The principle of rotation applies to the position of players when the ball is served.

SEC. 7. *Ball striking net outside marker.*—A ball striking the net outside of the vertical side line marker on the net shall be considered a “point” or “side out.”

SEC. 8. *Illegal service.*—When a served ball touches the net, passes under the net, or passes over the net entirely outside of the marker on the tape on the top of the net directly above the side lines, or touches any player, surface, or object before entering the opponents’ court, “side out” shall be called.

SEC. 9. *Serving out of turn.*—If a player serves out of turn, “side out” shall be called and any points made on his service before the error was discovered shall not be scored.

SEC. 10. *First service in succeeding game.*—The team losing the previous game shall have the first service in the succeeding game.

SEC. 11. *Changing courts.*—Teams shall change courts at the end of each game.

SEC. 12. *Changing positions.*—At the beginning of a new game the players may be arranged in any position desired regardless of former positions in the preceding game. The scorer shall be notified of change in positions of players.

SEC. 13. *Changing courts in middle of game.*—In matches where odd games are played, in the final and deciding game, the team with the lesser score may request change of court as soon as the opposing team has scored 8 points, but the service continues with the player who has just scored the eighth point.

SEC. 14. *No screening.*—There shall be no deliberate massed screening of the server. (“Point” or “side out.”)

Rule IX. Playing the ball.—SECTION 1. *Any part of body above knees.*—The ball may be batted in any direction, and a player may use any part of his body in playing the ball, including the knees and above.

SEC. 2. *When legal.*—A ball may touch any number of parts from the knees up, and if all are simultaneous and the ball is not held, but is batted deflected quickly, it is legal.

SEC. 3. *Multiple contacts.*—In receiving a hard-driven spike, a defense player is allowed to make multiple contacts even if they are not simultaneous, provided they constitute one continuous play and all contacts are above the knees.

SEC. 4. *Ball touching net.*—A ball other than a service touching the top of the net and going over into the opponents' court is still in play.

SEC. 5. *A legal return.*—In a legal service or return it is only necessary for any part of the ball to pass over either one of the outside markers.

SEC. 6. *Recovery from net.*—A ball other than a service may be recovered from the net, provided the player avoids contact with the net.

SEC. 7. *Ball may be touched only three times.*—The ball may be touched only three times by one team before being returned over the net.

RULE X. *Points and side out.*—If any player of the serving team shall commit any of the following acts, it shall be "side out"; if any player of the receiving team shall commit any of the following acts, one point shall be scored for the serving team:

1. Serve illegally. (See rule VIII, secs. 8 and 9.)
2. Fail to return the ball legally to the opponents' court. (See rule IX, sec. 3.)
3. Catch or hold the ball.
4. Dribble.
5. Allow the ball to touch his person or clothing below the knees.
6. Contact with any part of the net, including the top cable, the bottom rope, and the rope from the bottom of the net to the floor which extend beyond the net with any part of the body at any time except when the ball is "dead." However, if two opponents contact the net simultaneously, neither "point" nor "side out" shall be called; this constitutes a double foul. (Exception: sec. 21.)
7. Touch the ball when it already has been played three times before being returned over the net. A ball striking the net outside of the marker shall be considered a "dead" ball.
8. *Over net.*—Reach over the net under any circumstances whatsoever.
9. Serve out of turn.

10. *Under net*.—Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering their court.

11. *Illegal substitution*. (See rule IV, sec. 4.)

12. *Playing out of position*.—Play out of position. (See rule IV, secs. 3 and 7.)

13. Touch the floor on the opposite side of the center line or an imaginary line extended indefinitely beyond the side lines.

14. *Off-side*.—Enter opponents' court in an attempt to recover the ball. Reaching under the net with one or both hands but keeping the feet in own court is allowed.

15. Receive deliberate coaching from outside the court.

16. *Delay*.—Persistently delay the game.

17. "Spike" or "kill" the ball when playing a back position.

18. No player may leave the court in making a play unless the ball is on his side of the net. (See rule IV, sec. 9.)

19. Leave the court during "time out" without permission from the referee.

20. *Double foul*.—A double foul shall be called by the referee when players on opposing sides commit a personal foul simultaneously. When such double foul is called, point shall be played over.

21. *Personal foul*.—A personal foul consists of a violation of sections 6, 8, 10, 12, and 13 and when called by referee stops the play immediately regardless of what happens to the ball—unless double foul be committed as per section 20.

22. When the ball is driven into the net with such force that it causes such net to contact a player of the opposing team, the play shall constitute a personal foul just as though the player had made voluntary contact, except on the third hit, when it would constitute a dual foul.

23. Deliberate stamping of the feet and jumping on the floor or vigorous waving of the arms immediately in front of an opponent about to play the ball, shall be ruled as unsportsmanlike conduct. (Penalty: "point" or "side out.")

24. *Screening server*.—There shall be no deliberate massed screening of the server. (Rule VIII, sec. 14.)

25. Block illegally.

26. Time out for third rest period. (See rule IV, sec. 3 and rule XI, sec. 1.)

Rule XI. Time out.—SECTION 1. *Time out*.—"Time out" may be called by the referee only, but the ball shall be in play until the whistle is blown by the referee or umpire. When requesting "time

out" the captain shall indicate whether it is "time out" for rest or for substitution. When neither is indicated, the referee shall assume that it is "time out" for rest. "Time out" for rest shall be allowed each team only twice during a game and may be requested only by the captains. "Time out" for substitution of players or because of injury shall not be considered rest periods. (Exception: rule IV, sec. 3.)

SEC. 2. Balls for practice.—During "time out" for rest, either team may have a ball for practice, but only in its own respective court. During "time out" for substitution, the incoming substitutes may have a ball for practice for "warming up," which may involve the use of both courts.

SEC. 3. The length of "time out" for rest or for substitution shall not exceed 1 minute, and a maximum of 5 minutes in case of injury, provided the injured player is going back into the game.

RULE XII. Scoring.—SECTION 1. Failure of the receiving team to return the ball legally over the net into the opponent's court shall score one point for the team serving. (See rule X.)

SEC. 2. A game is won when either team scores a 2-point lead with 15 or more points.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description	1
Handling ball (passing or feeding)	2
Setting up ball (boosting)	3
Spiking	4
Serving	5

1. General description.—In the game of volley ball an inflated leather ball somewhat smaller and lighter than a basketball is struck with the hands over a net stretched across a rectangular court, the players consisting of two teams of six men each stationed on opposite sides of the net, the object being to hit the ball over the net so that it falls to the floor before the opposition can return it.

2. Handling ball (passing or feeding).—In handling the low ball, or ball which comes to the player lower than his waist, the ball is struck with the fingers and the fleshy part of the palms at the base of the fingers, the thumbs pointing up, the palms turned up, and the arms propelling the ball into the air with a lifting motion. In handling the high ball the ball is struck with the fingers and fleshy part of the palms, the hands being chest high, the thumbs being in and pointed downward, the fingers parted, the elbows extended side-

ward at shoulder height, and the ball being lifted with the upward movement of the arms. In recent years the 10-point method, or cupping the hand and striking the ball with tips of the 10 fingers, has become increasingly popular, due to its superior accuracy in placement.

3. Setting up ball (boosting).—The set-up player in receiving the ball from a teammate and passing it to the spiker generally uses the raised arm method of handling the ball.

a. In the high set-up the player stands close to the net, the ball being struck 15 or 20 feet into the air and placed so that it falls about a foot from the net where it can be struck downward with full force.

b. In the low set-up the player stands close to the net, the ball being struck 5 or 6 feet into the air so that it falls within a foot from the net. In the low arch set-up the difference is that the player stands about 5 feet from the net, the ball being passed low but on an angle to the net.

c. In each instance it is important that the ball be placed so that the spiker can reach and strike it in perfect form.

4. Spiking.—The spiker generally takes a step or steps and jumps high into the air as the ball approaches from the set-up or booster, striking the ball as it reaches its maximum height, usually with one hand, hitting it vigorously into an unoccupied section of the opponent's court.

5. Serving.—*a. Underhand.*—In serving underhand the player faces toward the net with the left foot slightly advanced, the ball being held in the palm of the left hand. The left hand is swung slightly to the right and rear with a swaying motion, and then to the front, the right arm following it forward and hitting the ball off the left hand with the palm, striking it at about waist height; the right arm continues its forward swing in a follow-through.

(1) An outcurve is accomplished by hitting the ball on the right side with a twisting motion in toward the left.

(2) An incurve is accomplished by hitting the ball on the left side, the little finger being up.

(3) A drop is accomplished by hitting the bottom of the ball with a swiping or cutting motion; sometimes the back of the hand is used, sometimes the fist, and sometimes the heel of the hand.

b. Overhand.—(1) In serving overhand the player faces the side of the court, tossing the ball straight up overhead 2 to 5 feet with the left hand, swinging the right arm forward from behind the head and striking the ball with the right hand (flat hand) when it reaches a point slightly to the right of the top of the head.

(2) The same methods as used in underhand serves will produce the same kind of curves in overhand serves.

CHAPTER 17

WRESTLING

Paragraphs

SECTION I. Abridged rules.

II. Fundamentals of play----- 1-6

SECTION I

ABRIDGED RULES

Rule 4. Weight classification.—1. Competition shall be divided into eight weight classes as follows:

121 pounds and under.	155 pounds and under.
128 pounds and under.	165 pounds and under.
136 pounds and under.	175 pounds and under.
145 pounds and under.	Unlimited heavyweight.

Rule 7. Length and methods of conducting matches.—1. *a. First place matches in tournaments.*—All first-place matches in tournaments and all dual meet matches shall consist of three 3-minute bouts. The first 3-minute bout shall start from the neutral position with both contestants on their feet. A fall in the first 3-minute bout terminates the match. If neither contestant secures a fall in the first 3-minute bout, the referee shall stop the bout, toss a coin, and the winner of the toss may elect to go behind or underneath in the “referee’s position on the mat” at the beginning of the second 3-minute bout, no rest period being allowed. At the expiration of the second 3-minute bout, the referee shall stop the bout and shall put the contestant who started with the position of advantage in the position underneath when he starts the third 3-minute bout, no rest period being allowed. If a contestant secures a fall in the second 3-minute period, this terminates only the second 3-minute bout, and the third 3-minute bout shall be wrestled as though no fall had resulted in the previous bout, except as provided in section 4, *a* and *b*. When a fall does not occur in any match the referee shall award the match to the contestant who has scored the greater number of points. (See rule 17, sec. 1.) In case of tie in number of points scored the referee shall call for extra-period bouts. If no fall occurs in the extra-period bouts the referee shall award the match to the contestant who has scored the greater number of points. If the match

is still a tie the referee shall name the winner, basing his decision on superior wrestling ability and aggressiveness shown.

b. Dual meet matches.—Dual meet matches shall be conducted in the same manner as first-place matches in tournament except as follows:

(1) Before the meet starts the referee shall have the competing coaches or captains decide by toss of a coin the choice of position at the start of the second bout in the first match. The choice of position in succeeding matches shall alternate. In extra-period bouts the choice of position shall be determined by toss of a coin in each match.

(2) In case of tie in number of points scored at the end of extra-period bouts, the match shall be declared a draw.

3. *Extra-period bouts.*—If the match is a tie at the end of the third 3-minute bout in dual meets or first-place tournament matches, two extra-period bouts of 2 minutes each shall be wrestled. Both of the extra-period bouts shall start from the “referee’s position on the mat.” The flip of a coin by the referee shall decide the choice of starting positions in the first bout. Position of contestants shall be reversed in the second bout.

4. *Length of matches, bouts, and intermissions.*—*a. Length of tournament matches when falls occur.*—If a fall occurs in the first 3-minute bout this terminates the match. When a fall occurs in a second 3-minute bout, a second 2-minute bout, or a first extra-period bout, it should be understood that the third 3-minute bout, the third 2-minute bout, or the second extra-period bout, terminates at the elapsed time at which the fall terminated the previous bout. Example: “A” wins fall in second 3-minute bout with “B” in 2 minutes. The third 3-minute bout is really only 2 minutes in length, as it would be impossible for “B” to win this bout after the 2 minutes have elapsed.

b. Length of dual meet matches when falls occur.—If a fall occurs in the first 3-minute bout this terminates the match. A fall in the second 3-minute bout or in the first extra-period bout terminates that bout, but the third 3-minute bout, or the second extra-period bout runs the full time unless terminated by a fall.

5. *Intermission.*—*a. Main 2-minute and 3-minute bouts.*—Only such time shall intervene between the main bouts of any match as may be required for the referee to bring contestants into proper position for the next bout, except when the second 3-minute or second 2-minute bout is terminated by a fall, in which case a 1-minute rest

may be allowed if, in the opinion of the referee, either contestant needs the rest.

b. Extra-period bouts.—Between the main bout and the first of the extra-period bouts a 1-minute rest shall be allowed, during which time contestants shall not leave the mat. In all intermissions of 1 minute or more, contestants may receive aid and coaching from one person only.

Rule 8. Position of advantage.—1. Whenever a contestant brings his opponent to the mat *under control while all of the supporting points of either wrestler's body are on the wrestling mat proper* he has earned the position of advantage and the offensive wrestler is entitled to this advantage until such time as his opponent, in legal manner, gains a neutral position within the boundary of the mat proper, except when he forfeits this advantage by reason of penalty inflicted by the referee for infringement of the rules. (See rules 9 and 13.)

Rule 9. Bringing contestants back to mat after going outside.—1. When the contestants are interlocked off or on the edge of the mat, time shall be taken out and contestants shall be brought to the center of the mat. Contestants are "off the mat" when any supporting part of wrestler's body is off the mat proper except when a fall is imminent—in which case rule 15, section 2, *a* and *b* shall apply. The position to be assumed by contestants on resumption of match shall be determined as follows:

a. If neither contestant held a position of advantage immediately before leaving the mat, the bout shall be resumed with contestants on their feet in neutral position, except when referee applies penalty indicated in rule 13, section 2. (See rule 8, sec. 1.)

b. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the bout this contestant shall be given the position of advantage in the "referee's position on the mat" (see rule 10, sec. 3), except when referee applies penalties indicated in rule 13, sections 2, *b* and 3, or in *c* following.

c. In case a fall is imminent and the man underneath intentionally leaves the mat, the referee shall give contestants as nearly as possible the same position which they held when the bout was stopped.

Rule 10. Legal and illegal holds and positions.—1. *Illegal holds.*—Any hold, lock, or grip shall be allowed except the hammerlock above the right angle, twisting hammerlock, overscissors, strangle holds, full (double) nelson, toe holds, certain body slams, holds over mouth, nose, eyes (i. e., over front of face) or front or side of throat. interlocking of fingers, hands, or arms around body or legs while

contestants are on the mat, bending or twisting of fingers for punishment or to break holds, or any hold used for punishment alone.

2. *Unnecessary roughness.*—No striking, kicking, gouging, hair pulling, butting, elbowing, strangling, or anything that endangers life or limb shall be allowed.

3. *Referee's position on the mat.*—The defensive contestant must face in the direction indicated by the arrow at the center of the mat. He must place both knees on the mat with the lower legs parallel; the knees must not be more than the width of the shoulders or hips apart, and the heels of both hands must be on the mat not less than 12 inches in front of the knees. The offensive wrestler shall be slightly over opponent at his left (or right) side with his right (or left) arm resting *loosely* around opponent's waist and his left (or right) hand *loosely* on opponent's left (or right) elbow. The thumb may be behind, in front of, or at side of elbow. Both of his knees shall be on the mat and outside of defensive wrestler's near leg. He may take any position between that parallel to the defensive wrestler's body or at right angles to it but his near leg must not touch the near leg of the defensive wrestler.

Rule 13. Penalties.—1. *Stalling.*—If on mat, reversal of position after second warning. If on feet, referee shall put wrestlers on referee's position on mat, with offender underneath, after first warning.

2. *Intentionally going off mat.*—a. If, in the opinion of the referee, a contestant intentionally runs, slides, crawls, or rolls off the mat to prevent his opponent from going behind him, the referee shall immediately give his opponent the "referee's position behind." (See rule 10, sec. 3.)

b. If, in the opinion of the referee, a contestant intentionally runs, slides, crawls, or rolls off the mat while in the defensive position on the mat, the referee shall give him a warning. For the second such offense, the referee shall give him a second and final warning, and for a third such offense he shall award a fall to the opponent.

3. *Intentionally pushing defensive wrestler off mat.*—If, in the opinion of the referee, a contestant intentionally pushes his opponent off the mat to keep him from getting clear or from going behind, the referee shall bring both men to their feet at the center of the mat if he believes this illegal action has simply prevented the defensive wrestler from getting free; but if he believes the defensive wrestler would have gone behind his opponent had the illegal action not occurred, he shall give the defensive wrestler the offensive position in "referee's position on the mat." In either of the situations above,

the penalty for a second infringement shall be the "referee's position on the mat," with the offender in the defensive position, and a second and final warning shall be given.

NOTE.—Referees must enforce the foregoing penalty.

4. *a. Illegal holds and unnecessary roughness.*—For infringement of rule 10, sections 1 and 2, by the offensive wrestler in "referee's position on the mat," the penalty shall be loss of his position of advantage for the first offense and reversal of position for the second offense, at which time a final warning shall be given.

Rule 15. Falls and near falls.—1. *Pin falls.*—Pin falls only shall count. (Flying or rolling falls shall not be considered.) Any part of both shoulders held in contact with the mat for an *appreciable length of time* constitutes a fall. (By an "appreciable length of time" is meant the referee's silent count of 2 seconds. The 2-second count shall start only after the referee is in such position that he knows positively that both of the defensive contestant's shoulders are in contact with the mat, after which shoulders must be held in continuous contact with the mat for 2 seconds before a fall shall be awarded.)

2. *Fall with part of body off mat.*—*a.* A fall shall not be awarded when one or both shoulders of the defensive contestant are off the mat.

b. If the defensive wrestler is handicapped by having any portion of his body off the mat, the referee shall stop the bout, which shall be resumed in accordance with rule 9, section 1, *b* and *c*.

3. *Double falls in 3-minute, 2-minute, or extra-period bouts.*—*a. In tournaments.*—In case both contestants secure falls in the last two 3-minute, the last two 2-minute, or extra-period bouts, the match shall be awarded to the one securing the fall in the shorter time and he only shall be awarded a point for the fall. (See rule 7, sec. 1*a*, and rule 17, sec. 2.)

b. In dual meets.—If both contestants secure falls in the last two 3-minute bouts or in both of the extra-period bouts the match shall be awarded to the contestant securing his fall in the shorter time. (See rule 7, sec. 1*b*, and rule 17, sec. 3.)

4. *Fall versus decision.*—In tournaments or in dual meets, a fall shall take precedence over a decision.

5. *Near fall.*—A "near fall" is a situation in which the offensive wrestler has control of his opponent in a pinning combination and a fall is imminent.

a. When a fall or near fall is imminent and the referee is in such position that he can see definitely that both shoulders of the defensive

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wrestler are in contact with the mat he shall start to count—silently and slowly as follows—1001 (one full second), 1002 (two full seconds). The referee shall award a fall or a near fall if and when all provisions of section 1 have been complied with.

b. When a fall or near fall is imminent and the referee is in such position that he can see definitely that both shoulders are within approximately 2 inches of the mat he shall start to count as in *a* above and a near fall shall be awarded.

ILLUSTRATION

(Count)—1001.....	(Count)—1002.....	
←One full second→		
←Slightly less than 2 full seconds.....→		
A "near fall," if both shoulders are held in continuous contact with the mat for a minimum of 1 full second or a maximum of slightly less than 2 full seconds		
←..... Two full seconds.....→		
A fall, if shoulders are held in continuous contact with the mat for 2 full seconds. A near fall, if shoulders are held continuously within approximately 2 inches of the mat or less for 2 full seconds.		

A "situation" is ended—

(1) When the defensive man escapes to neutral position or reverses position.

(2) When he assumes the defensive "referee's position on mat."

(3) When he secures a position of defensive value equal to the defensive "referee's position on mat."

The referee must not signal a "near fall" until the "situation" is ended.

Nothing in the above shall prevent repeated efforts by the offensive wrestler to "pin" his opponent, but, regardless of the number of near falls he may secure in any one "situation," he is credited with 2 points only for "near falls" in that "situation."

Rule 16. Decisions.—1. *Regular bouts.*—If no fall has resulted after the expiration of the three regular bouts of any match, as provided in rule 7, section 1, the referee shall award the match to the contestant who had scored the greater number of points.

2. *Third-place matches in tournaments.*—If neither contestant secures a fall in three 2-minute bouts, the referee shall award the decision to the contestant who has scored the greater number of points.

3. *Extra-period bouts.*—*a. In tournaments.*—When no fall has been secured, the referee shall award the decision to the contestant who has scored the greater number of points, but if points are still equal, the referee shall decide the winner on the basis of superior wrestling ability and aggressiveness shown throughout the entire match.

b. In dual meets.—The referee shall award the match as in *a* above, except in case of tie, when the match shall be declared a draw.

Rule 17. Scoring.—1. *Point system for deciding matches when no fall occurs.*—In all matches the following point system shall be scored and shall constitute the basis for deciding the winner except when a fall occurs or as provided in rule 7.

National Collegiate Point System.

2 points for "take-down" (see rule 8).

1 point for "escape" from defensive position on mat.

2 points for "reversal of position" from defensive position on mat.

2 points for "near fall" (see rule 15, sec. 5).

1 point for each full minute of superior, accumulated time-advantage behind, but 2 points is the maximum to be so awarded in the three bouts of the main match and 1 point is the maximum to be so awarded in the two extra-period bouts.

2. *Tournaments.*—*a.* In tournaments, first place in each weight shall count 6 points, second place shall count 4 points, third place shall count 2 points, and fourth place shall count 1 point. One additional point shall be awarded for each fall secured throughout the meet. In case both contestants secure falls in second and third 3-minute bouts, in extra-period bouts, or in the second and third 2-minute bouts of third-place matches, only the contestant securing the fall in the shorter time shall be given a point award for a fall.

NOTE.—For information concerning the length of these bouts when falls occur, see rule 7, section 4a.

b. If in any tournament, only one contestant enters and qualifies for any weight class, he shall be declared the winner of that weight class and the team he represents shall be awarded 6 points for first place, but no points shall be scored for a fall. Should only two, three, or four contestants enter and qualify for any weight class, the contestant taking second, third, or fourth place shall be awarded only 4, 2, or 1 points, respectively.

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3. *Dual meets.*—*a. Falls.*—In dual meets, when only one of the two contestants in any match secures a fall, 5 points shall be awarded to the contestant securing the fall; but if both contestants secure falls in second and third 3-minute bouts, or in extra-period bouts, the contestant securing the fall in the shorter time wins the match and shall be credited with 5 points, but his opponent shall also be credited with 3 points for his fall.

b. Decisions.—A decision shall count 3 points.

c. Draws.—(1) In case of a draw each team shall be awarded 2 points.

(2) In case both contestants secure falls in the same time (which is extremely unlikely), each team shall be awarded 3 points.

4. *Tournaments or dual meets.*—If a contestant secures a fall in each of the last two 3-minute, the last two 2-minute, or extra-period bouts in tournaments or dual meets, he shall be credited only with points for one fall.

5. *Team championship in tournaments or dual meets.*—The team securing the highest total of points shall be declared the winner.

SECTION II

FUNDAMENTALS OF PLAY

	Paragraph
General description.....	1
Standing position.....	2
Bringing to mat.....	3
Retaining holds or rides.....	4
Escapes or coming from underneath.....	5
Pinning holds.....	6

1. **General description.**—Wrestling, under the intercollegiate version of the "Lancashire" or "catch-as-catch-can" rules, is a sport wherein one opponent stands facing another on a mat, the object being to seize the other with any of the allowed holds and force him to the mat in such manner that both of his shoulders touch the mat simultaneously and for an appreciable time.

2. **Standing position.**—At the start of the match the wrestlers generally face each other with the feet slightly apart, body crouched forward, arms bent, and elbows held close to the body with the hands extended. As the wrestlers meet in the center of the mat they generally come to the standing referee's hold, in which each wrestler grasps his opponent's neck with his left hand and his opponent's elbow with his right, placing his head against his opponent's shoulder. From this position various holds may be tried.

3. Bringing to mat.—A wrestler may bring his opponent to the mat from the standing referee's hold by any one of a number of holds. Three of those commonly used are the leg dive, the arm drag, and the hip lock. Most holds may be accomplished from either side; the approach from the right side only will be explained in this section.

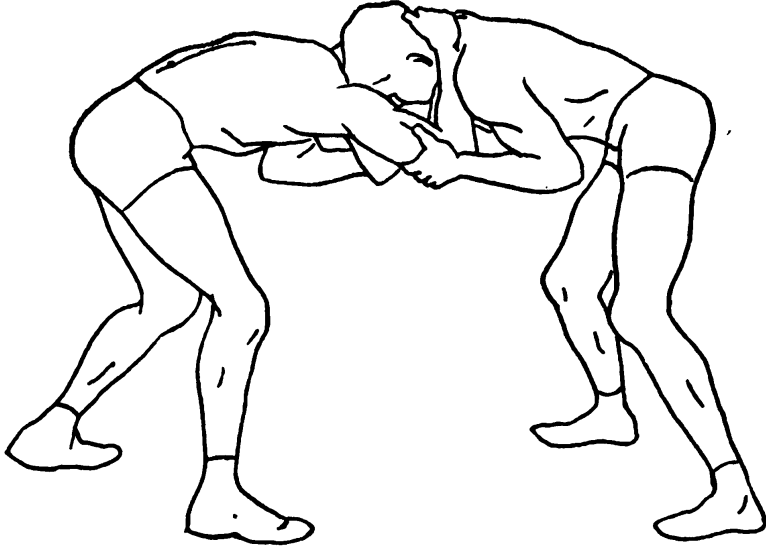


FIGURE 76.—Standing referee's hold.

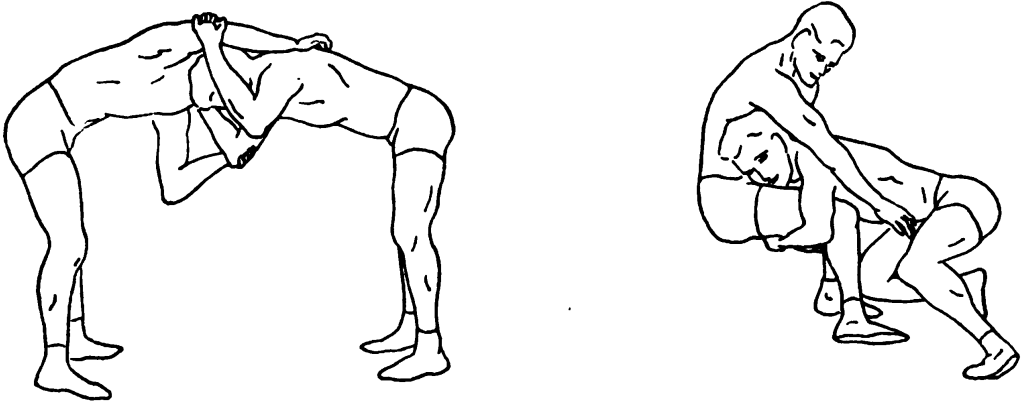


FIGURE 77.—Leg dive.

a. To execute the leg dive the offensive wrestler pushes one arm and his opponent's head upward and over his own shoulder, then lowers his body keeping his head outside his opponent's legs, grasping his opponent's legs at the thighs or knees. The opponent may then be picked up, pushed, or tripped so that he falls to the mat. To block the leg dive the defensive wrestler should throw his arms in front of the offensive wrestler's shoulders and inside the arms, pushing his feet backward out of reach.

b. To execute the arm drag the offensive wrestler uses his right hand to grasp his opponent's left wrist, pulling his opponent's arm forward and across in front of his chest; at the same time his left hand is placed under his opponent's left arm, turning the shoulder and placing the opponent in a position where he can grasp him from behind around the waist and bring him to the mat. To block the arm drag the defensive wrestler should keep the attacked arm drawn back; the hold may be broken with a series of quick jerks.

c. To execute the hip lock the offensive wrestler grasps his opponent's upper (left) arm with his right hand and locks his op-

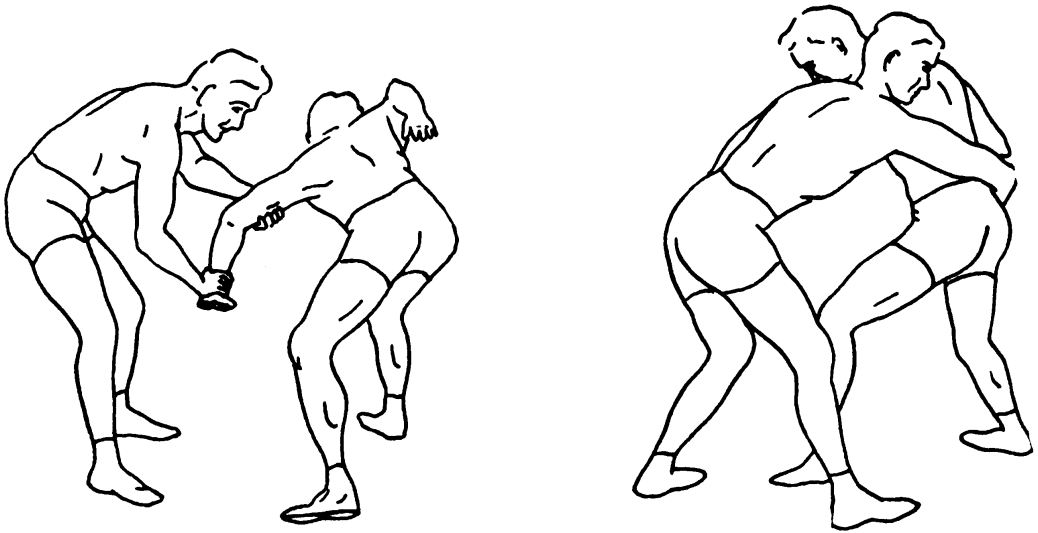


FIGURE 78.—Arm drag.

ponent's right upper arm with his left arm; the offensive wrestler then jerks his opponent's left shoulder forward and pivots inward on his right foot, bringing his left hip into his opponent's stomach, lifting him off his feet, and throwing him over the hips and onto the mat. To block the hip lock the defensive wrestler should crouch and attempt to pull out of the hold, or straight-arm the offensive wrestler at the hip as he starts to pivot.

4. **Retaining holds or rides.**—Wrestling on the mat generally starts from the kneeling referee's hold. In this hold the defensive wrestler assumes a position with his hands and knees on the mat, the hands approximately 12 inches in front of the knees; the offensive wrestler is on his knees on either side and slightly to the rear, placing one arm across the back and around the abdomen of the defensive wrestler, and grasping the defensive wrestler's arm between the elbow and shoulder. Numerous holds or rides are possible from this position. Among them are the wrist and waist, the far wrist and waist, the waist and ankle, and the cross scissors. The

description of each hold which follows is based on the assumption that the offensive wrestler is maneuvering on the left side of his opponent and has his right arm around the defensive wrestler's waist:

a. To execute the wrist and waist ride or hold, the offensive wrestler hooks his opponent's left lower leg at the ankle with his right leg, gripping the inside of his opponent's left wrist with his left hand,

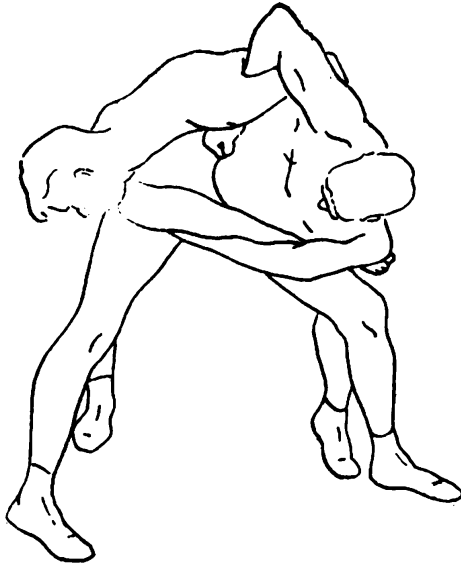


FIGURE 79.—Hip lock.

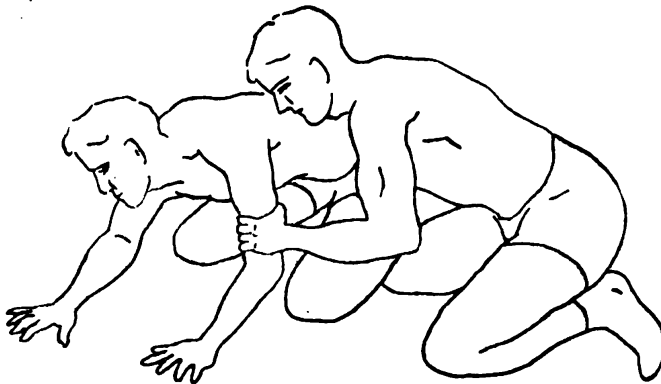


FIGURE 80.—Referee's position on mat, kneeling referee's hold.

and pulling the arm back; by then pulling with his right arm which is around his opponent's waist, the offensive wrestler forces his opponent over on his left side and open for a pinning hold.

b. To execute the far wrist and waist ride or hold, the offensive wrestler reaches his left arm across and under his opponent's chest and grasps his right wrist; then by hooking his opponent's left leg with his own right leg, pulling his opponent's right arm under his chest, and pushing his hips away with his own body, the offensive

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wrestler forces his opponent down on his right side and open for a pinning hold.

c. To execute the waist and ankle ride or hold, the offensive wrestler grasps and pulls up his opponent's waist with his left arm, grasps his opponent's right ankle with his right hand, and bears

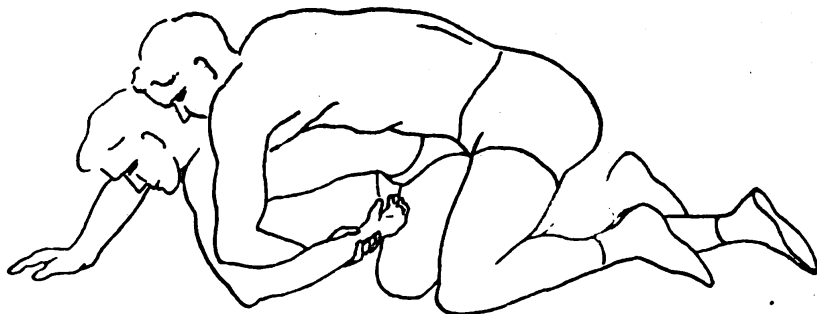


FIGURE 81.—Near wrist and waist ride.

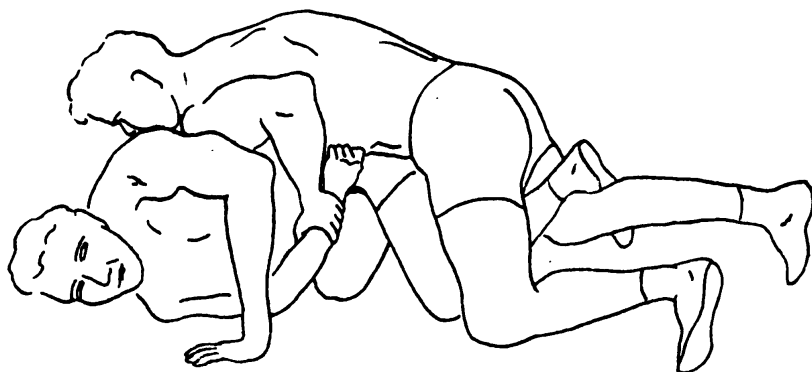


FIGURE 82.—Far wrist and waist ride.

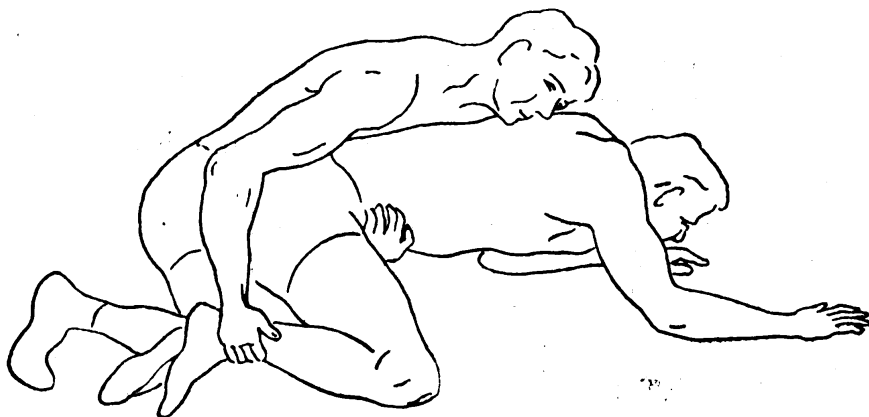


FIGURE 83.—Waist and ankle ride.

down on his opponent's left hip with his chest at the same time, forcing his opponent over on his right side and open for a pinning hold.

d. To execute the *cross scissors* ride or hold, the offensive wrestler slips his right leg between his opponent's legs and around the right

leg to grapevine it, hooking his opponent's left ankle from behind with his left toes; by placing his right arm over his opponent's left shoulder and back under his opponent's arm, the offensive wrestler can pull his opponent over on his right side with the hips between his legs, and open for a pinning hold.

5. Escapes or coming from underneath.—The defensive wrestler should keep wrestling at all times, keeping his arms and legs as free as possible, and remaining on all fours. Various methods are used to come from underneath, some of the commonly used being the stand-up, the sit-out, and the far side roll.

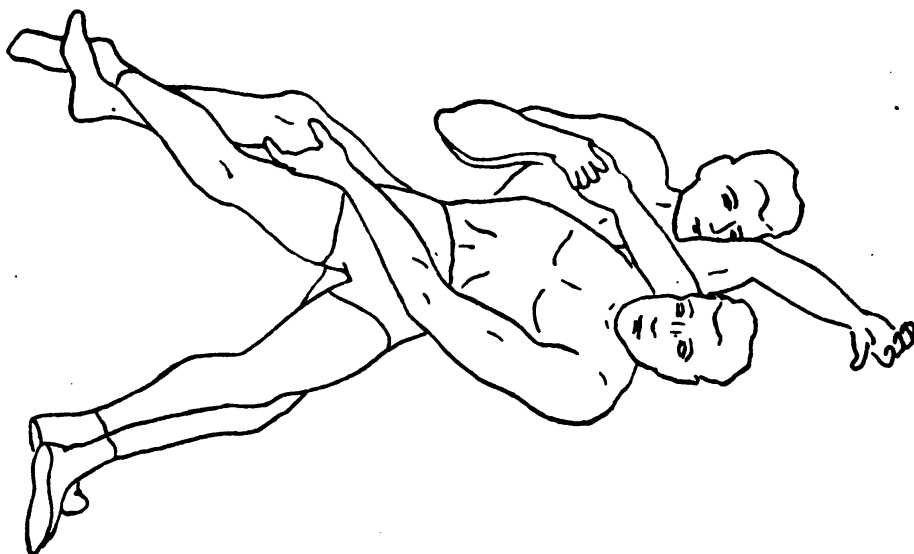


FIGURE 84.—Cross scissors ride.

a. To execute the stand-up, the defensive wrestler grasps his opponent's wrists and keeps his hands apart. Holding his opponent's right hand on his own right thigh the defensive wrestler raises his right leg and places the foot on the mat; keeping his left foot in place he raises up, turning his hips to come to a crouched position; by lowering his left shoulder and bringing his left arm between the bodies as he pivots to face his opponent, the defensive wrestler then is in a position to take the offensive. To block the stand-up the offensive wrestler should grip his opponent around the waist as he attempts to rise and thus be in a position to again force him to the mat.

b. To execute the sit-out, the defensive wrestler places his left hand on the mat near his left knee, lowering his hips and swinging his right leg outward with the heel resting on the mat slightly forward and out; shifting his weight to his left wrist and right heel and swinging his left leg through under his right will bring the defensive wrestler to a sitting position with his opponent directly

behind him and having one arm around his waist. To turn, the defensive wrestler continues moving his hips forward and upward, pushing his opponent away with his neck against his opponent's right shoulder until his hips are slightly off the mat; then bringing his left leg under his right in a direction away from his opponent, turning his head and shoulder under his opponent's head, and raising his left arm under his opponent's right shoulder, the defensive wrestler is in

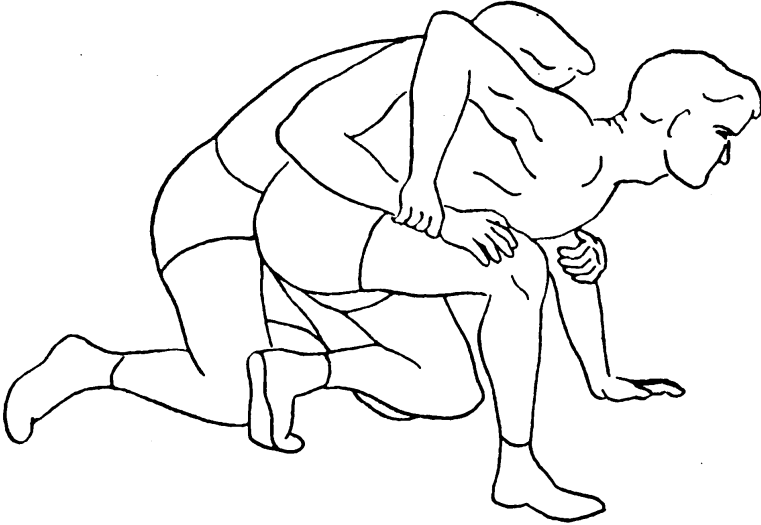


FIGURE 85.—Stand-up.

a position facing his opponent with arms on top and ready to apply a hold. The opponent has several methods to block the sit-out; among them is gripping the waist tighter and rolling the opponent to one side, or catching the shoulders from under the arms and pressing them downward.

c. To execute the far side roll the defensive wrestler grasps the wrist of the arm that encircles his waist with his right hand, forcing the arm farther around the waist and placing his hips slightly under his opponent's body; lowering his right shoulder and raising his left hip, he begins to roll, nearly lifting his opponent's body off the mat as he rolls fast; as the opponent's body hits the mat the defensive wrestler releases his grip on the right arm, turning quickly and completing the roll so that his opponent is underneath and in a defensive position. To block the far side roll the opponent should shift and place his right foot far out to the right side as a brake.

6. Pinning holds.—An offensive wrestler has a variety of holds or combination holds which he may use when he is on top of an opponent, in order to pin his opponent's shoulder to the mat. Among those in common use from the referee's hold on the mat

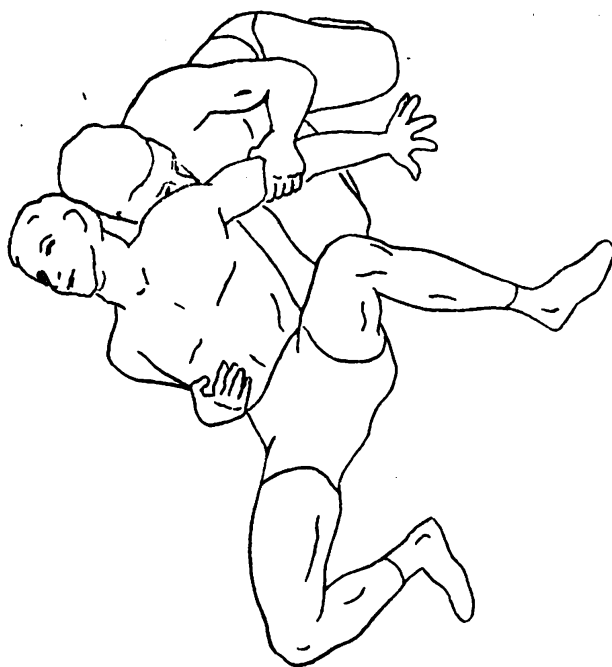
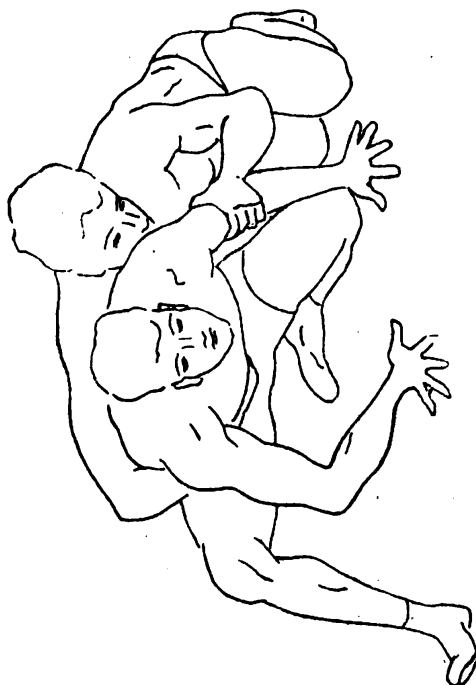


FIGURE 86.—Sit-out.



are the bar lock and half nelson, the top scissors, the half nelson and crotch, and the double grapevine and half nelson.

a. To execute the bar lock and half nelson hold, the offensive wrestler grasps his opponent's right wrist from the inside with his arm which is around his opponent's waist, then pulls his opponent's right arm back as he thrusts his left arm under his opponent's left arm and over his opponent's neck for a half nelson. Pushing with his chest against his opponent's left shoulder he turns his opponent

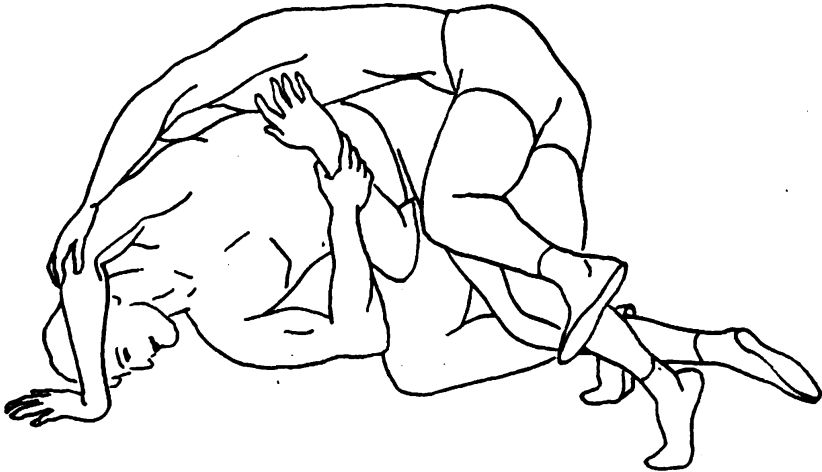


FIGURE 87.—Far side roll.

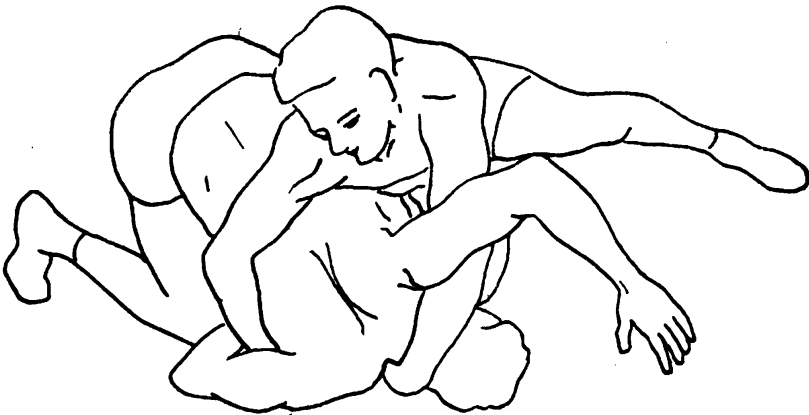


FIGURE 88.—Bar lock and half nelson.

over, lying on his opponent's bent right arm, which is now under his own stomach. He keeps his body perpendicular to his opponent's with his weight on his opponent's chest. To block this hold, the opponent may set himself on his knees and keep his elbows in close.

b. To execute the top scissors hold, the offensive wrestler straddles the back of his opponent, wrapping his legs around his opponent's body with the feet crossed and low on the body. Pushing his opponent's arms forward so that he is lying flat, the offensive wrestler

turns his opponent's shoulders toward the mat with a half nelson, remaining directly above and releasing the scissors hold only enough to allow his opponent's body to turn slowly. To block this hold the opponent should keep his elbows close to his sides to prevent the scissors, or move away when the offensive wrestler changes from the referee's hold.

c. To execute the half nelson and crotch hold, which is one of the most commonly used pinning holds in wrestling, the offensive

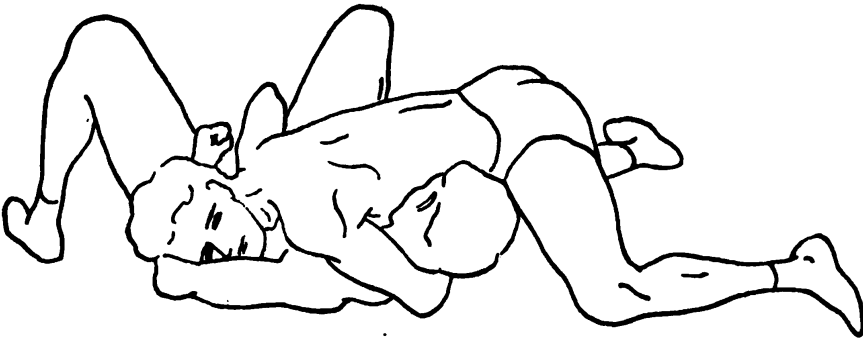


FIGURE 89.—Half nelson and crotch.

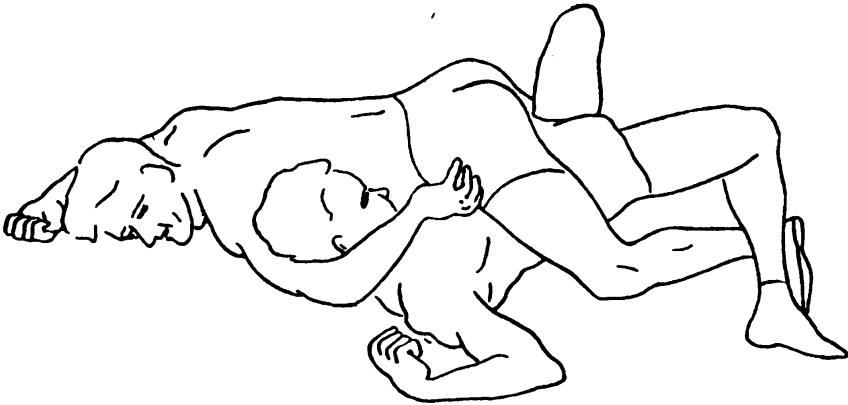


FIGURE 90.—Double grapevine and half nelson.

wrestler keeps his right arm around his opponent's waist, taking a half nelson with his left arm; he then removes his right arm from his opponent's waist and reaches under his opponent's stomach to grasp the right thigh, forcing his opponent's back toward the mat by turning on the nelson, pulling on the thigh, and pushing with the chest. The offensive wrestler's right arm should pass between his opponent's legs, with the palm of the hand lifting up on the hips, thus forcing the shoulders to the mat, with the chin held tightly into the opponent's ribs to prevent breaking away. To block this hold the opponent should attempt to pass his left arm under the offensive wrestler's head and force it between their chests, allowing him to roll toward the offensive wrestler.

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d. To execute the double grapevine and half nelson hold, the offensive wrestler first obtains a top scissors, then uses a half nelson to turn his opponent; when the opponent's back is toward the mat he will usually attempt a bridge to keep from being pinned, and at this point his legs are grapevined, the offensive wrestler placing his legs around the outside of his opponent's thighs and his feet around the inside of the ankles, with the legs spread far apart.

[A. G. 062.11 (12-30-41).]

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